

IM Sports - WRESTLING RULES & INSTRUCTIONS

NCAA Wrestling rules with these IM modifications and the IM General Rules will apply.

Weight Classes: 133, 141, 149, 157, 165, 174, 184, 197, HWT.

Weigh-in - To register, come to the IM Office, Rm 2 IM Bldg, with you PSU ID+ Card, and weigh-in in street clothes. You are required to be within 8 lbs. of your desired weight class at registration. It is recommended that you select a weight class where minimal or no weight loss is required.

Wrestling Nights: All wrestlers must present there PSU ID+ Cards at the scales in Rec Hall prior to each bout. Due to time span of this tournament (2 weeks) and concerns for your health, you are **ONLY** required to be on or under your registered weight class at your **FIRST BOUT**. If you advance, you only need to show your PSU ID+ at the scales.

Bouts: Each bout will be 4 minutes total. The 1st period is 2 minutes, followed by two - 1 minute periods. Choice of position for the 2nd period will be determined by chance and the wrestler will choose top or bottom. The positions will switch for the start of the 3rd period, as needed.

Location: All bouts will be held in the Rec Hall wrestling room during the evening. Bouts will start no earlier than 7:30 pm.

Scoring: NCAA wrestling scoring will be followed to determine the winner. This is a single elimination tournament.

Takedown = 2 pts

Reversal = 2 pts

Nearfall = 2 or 3 pts

Escape = 1 pt

Time Advantage = 1 pt for 30+seconds

Ties: are broken by a 30 second rideout as defined by the NCAA rules.

NOTE: Wrestling is a strenuous control sport. Enter only if you have done some prior conditioning and are in good health. Do not sign up simply to fill a weight class for a team or if you do not intend to complete your schedule.

QUESTIONS: Intramural Office, Room 2, IM Bldg, 8am-4:30pm (M-F), (814) 865-5401.

Last Modified 12/12/01