

INTRAMURAL WRESTLING RULES

High School Federation rules will apply with the following adaptations:

1. All matches will be three 1-1/2 minute periods.
2. Overtime: When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period; and if needed, two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place. The procedure will be:
 - a) no rest between the regular match and the sudden victory;
 - b) wrestlers in the neutral position;
 - c) the wrestler who scores the first point(s) will be declared the winner; if no winner is declared by the end of the sudden victory, then the following procedure will be used:
 - 1) two 30-second tiebreakers will be wrestled to completion and score kept as in the regular match;
 - 2) the referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker;
 - 3) the wrestler who has choice in the first tiebreaker may select top, bottom, or defer the choice to the opponent;
 - 4) at the conclusion of the first 30-second tiebreaker, the opponent will have the choice of positions as stated in 3);
 - 5) whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;
 - 6) if the score is tied at the end of the two 30-second tiebreakers, the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match; the wrestler whose opponent has received an unsportsmanlike conduct penalty at anytime during the match will have the choice of position. The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match; if no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice (points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker choice);
 - 7) the wrestler who has choice may select top, bottom, or defer the choice to the opponent;
 - 8) the wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
 - d) a fall terminates any overtime period.