

# **INTRAMURAL WRESTLING RULES**

High School Federation rules will apply with the following adaptations:

1. All matches will be three 1½-minute periods.
2. Overtime: One 2-minute period with no rest between the regular match and the overtime. The overtime period will begin with both wrestlers in the neutral position. The wrestler who scores the first point(s) will be declared the winner. If no winner is declared by the end of the 2-minute overtime period, a thirty-second tiebreaker will be wrestled.