

## Wrestling Meet Rules

Nation Federation Wrestling rules will be in effect with the following additions:

### A. Entries

1. Advance entries are not required. Participants must weigh-in as specified by the info sheet. Matches will be wrestled in the Campus Recreation Center Combative Arts Room.

### B. Eligibility

1. A current UNL ID is required of each participant on site.
2. All UNL students and faculty/staff members are eligible to participate.

### C. Weight Classes

1. Men: The weight classifications for men are as follows: 125, 133, 141, 149, 157, 165, 174, 184, 197, 225, and unlimited.
2. Women: The weight classifications for women are: 103, 112, 119, 125, 133, 141, 149, 157, 165, 174, and unlimited.

### D. Weigh-ins

1. The Campus Recreation Center Men's and Women's Locker Rooms will be the site for the weigh-ins.
2. Each participant must weigh-in for the weight class in which they are attempting to wrestle.
3. A 2-pound allowance will be given for the event, wrestlers will not have to weigh-in after the initial weigh-in period unless protested.

### E. Equipment

1. Wrestling headgear is provided by the Office of Campus Recreation and is strongly recommended.
2. No hard soled or street shoes will be allowed on the wrestling mats.

## F. Matches

A match will consist of three periods:

1st period: 1 1/2 minutes, 2nd and 3rd periods: 1 minute.

## G. Matches Scoring

1. Team points will be awarded on the following basis:

1st place 16

2nd place 12

Semi-Finalist 8

Team points are awarded to place winners according to the order in which they place in a given weight class. For scoring purposes, a team is made up of one or more competitors representing a single organization (fraternity, sorority, residence hall floor, etc.).

2. Advancement points: one team point will be scored for each match won in the championship brackets, with the following exceptions:

a) The first place match.

b) No advancement points will be awarded for a first round win or bye.

c) If a wrestler forfeits, all advancement points earned by that participant will also be forfeited.

3. An additional point will be awarded for each match won by fall, default, forfeit, or disqualification after the first round of the tournament. In addition, one-half point will be awarded for each match won by ten or more points after the first round.

4. No riding time (advantage time) will be kept.

5. No consolation matches to determine 3rd place will be wrestled.

## H. Awards and All-University Points

1. An Intramural Sports Champion T-Shirt will be awarded to the winner of each weight class.

2. The team winner is determined by totaling the points earned by the individuals representing that organization. All-University points will also be awarded in this manner.

## I. Referee

1. The referee is directly in charge of activities during the meet and shall decide questions which should arise.

2. The referee has the sole responsibility for ruling on infractions or irregularities which are not covered within the rules.

J. Participants should be aware that there is a risk of injury in participation of Intramural Sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in Intramural Sports at their own risk.

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