



## 2025-2026 NCAA Wrestling Rules Frequently Asked Rules Interpretations (FARI)

### Quick Reference Sheet

|    | Situation                                                                       | Rule                                                                                                                                         |
|----|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | Cross-body ride and using Ankle                                                 | Mandatory Count                                                                                                                              |
| 2  | Drape Ride using the ankle                                                      | Mandatory Count                                                                                                                              |
| 3  | Cross body ride locked at knee for split                                        | Mandatory Count, until using to bring into near fall                                                                                         |
| 4  | Bow and Arrow Cradle                                                            | No mandatory count, but may start one if not progressing or using                                                                            |
| 5  | Back Bow                                                                        | No mandatory count, but may start one if not progressing or using                                                                            |
| 6  | Navy Ride                                                                       | No mandatory count, normal stall if applicable                                                                                               |
| 7  | Takedown and end with bottom leg turk                                           | No mandatory count, normal stall if applicable                                                                                               |
| 8  | Takedown and top man get stuck below waist as a result of securing the takedown | Stalemate, do not penalize wrestler who got stuck in securing a takedown                                                                     |
| 9  | Blood Time                                                                      | No time used, no choice given, can coach either wrestler                                                                                     |
| 10 | Injury Time Out                                                                 | Injury time used and choice given on first injury TO, or 1 point awarded to opponent on second injury TO-no choice on second TO              |
| 11 | Concussion Time Out                                                             | No time used, no choice ever given                                                                                                           |
| 12 | Concussion Evaluation                                                           | Referee or Medical Personnel only can request, referee can only stop match and no time limit                                                 |
| 13 | Injury and Concussion Time out                                                  | May coach non injured wrestler                                                                                                               |
| 14 | Injury time stopped prior to medical personnel's arrival                        | Charged injury time out, log 1 second of injury time, and opponent gets choice on first Injury TO or 1 point to opponent on second injury TO |
| 15 | Bottom man attacks top man below buttocks first                                 | When this occurs, top man can go below buttocks with no count                                                                                |
| 16 | Top wrestler voluntarily drops below buttocks and gets stuck                    | Mandatory count continues on top wrestler                                                                                                    |
| 17 | Takedown scored and top man does not work up                                    | Give time to work up and start count                                                                                                         |
| 18 | Takedown scored / immediate scramble gets top guy stuck or stuck on finish      | Stalemate, we do not penalize the scoring wrestler if in opinion of referee the top man can not work up                                      |
| 19 | Interlocking fingers                                                            | Reaction time and instruct, first stoppage is a stalemate, subsequent stoppages are a stalling call against offender                         |

|     |                                                                                          |                                                                                                                                                     |
|-----|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 20  | Side headlock puts opponent on back but not in criteria                                  | No count if progressing with move and count if they do not use                                                                                      |
| 21  | Side headlock with opponent in near fall criteria                                        | No count                                                                                                                                            |
| 22  | Side headlock from rear standing position                                                | No count but needs to work to bring opponent down                                                                                                   |
| 23  | Side headlock in all other positions 3/4 Nelson                                          | Mandatory Count                                                                                                                                     |
| 24` | Front headlock with control                                                              | No count but needs to use it and improve                                                                                                            |
| 25  | Neutral with minimal to no effort to circle in bounds                                    | Stalling on person who backed out and failed to circle in                                                                                           |
| 26  | Neutral shooting opponent out of bounds when opponent is in bounds first time occurrence | Action                                                                                                                                              |
| 27  | Neutral shooting opponent out of bounds after opponent backs out of bounds               | Stalling on person who backed out and failed to circle in                                                                                           |
| 28  | Neutral shooting opponent out of bounds multiple times                                   | Stall, existing rules on person backing to the line                                                                                                 |
| 29  | Neutral, stopped shot in bounds, defender stabilizes and then back out                   | Stalling on person who backed out                                                                                                                   |
| 30  | Neutral, mirroring opponent on OB line, then shooting out                                | Action , repeated episodes are stall on defender                                                                                                    |
| 31  | Neutral, mirroring opponent on OB line for a couple steps or less, then pushing out      | Stalling by backing                                                                                                                                 |
| 32  | Neutral, mirroring opponent on OB line for over 15 minutes on clock, then pushing out    | Stalling by pushing                                                                                                                                 |
| 33  | Neutral kicking out                                                                      | Automatic stall by pulling if OB call is made, no OB call + no stall                                                                                |
| 34  | Near Side Cradle in neutral                                                              | Takedown after opponent is broken to far hip beyond reaction time, or on mat and completely behind cradled leg beyond reaction time or in near fall |
| 35  | Reaction Time                                                                            | Exists in all areas except locked hands on the mat                                                                                                  |
| 36  | Coach called for control of mat area violation                                           | Indicate on bout sheet, verbally notify coach and deduct 1 team point - (-1 TP CMV against "team name")                                             |
| 37  | Questioning a rules application violation                                                | Indicate on bout sheet, head table tracks, (W, W, -1 team point after 2 warnings and for all subsequent violations)                                 |
| 38  | Mandatory Verbal / Visual count reviewable                                               | Yes, but call does not have to be overturned if video shows referee couldn't have reached 5th count prior to period ending                          |
| 39  | Flagrant misconduct / DQ                                                                 | Do'd for entire event, -1 team pt, loss of all previous team points, and out next event                                                             |

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|----|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| 40 | All other "on the mat" athlete disqualifications (2 unsportsmanlike conducts in match or 4 illegal moves) | DQ'd from that match, retains all previous team pts, can compete in future rounds                                                         |
| 41 | Unsportsmanlike conduct call in post match period on wrestlers                                            | Signal call, verbally notify coach and head table, then proceed with post match procedures (can't call multiple if coach is not notified) |

#### Abbreviations

OPN=Opponent, TO=Time Out, TD=Takedown, OB=Out of bounds, DQ-Disqualification

**\* Note: This is NOT a substitute for the details outlined in the official NCAA Rules Book and all the interpretations on Center Mat website. This document is designed to provide the basic answer to frequently asked rules interpretation questions.**