



NCAA Wrestling Stalling Guidelines and Suggestions

Stalling - Recommendations on how to call Stalling	
All Positions	Call to be made
Repeatedly delaying the match by stragglng back or intentionally using unnecessary actions or equipment adjustments	Stalling on that wrestler
First non bleeding injury timeout is taken when opponent already had choice between periods	Stalling on the wrestler who took the injury timeout
Fleeing off mat or attempting to flee away from a situation	Stalling on whoever is fleeing or attempting to flee
Wrestler A's shoe comes off or shoe laces come untied	If it delays the match, then it is stalling on Wrestler A
Repeatedly going to same stalemate situation	Stalling on that wrestler
Repeatedly causing potentially dangerous situations in same sequence	Stalling on that wrestler
Wrestler touching the floor on purpose off the mat to get restart	Stalling on that wrestler
Doing the splits multiple times to get an out of bounds call	Stalling on that wrestler
Neutral Position	Call to be made
Wrestler A backs out of circle and B follows	Stalling On A for backing
Wrestler A backs to OOB line repeatedly and B shoots on him	Traditional Stalling on A for not wrestling in center
Wrestler A continually backs to OOB line multiple times	Traditional Stalling on A for not wrestling in center
Wrestling action takes both wrestlers out of bounds	Action call
Wrestling action takes both wrestlers near out of bounds line or out of bounds and they go out from/in the action sequence	Action call
Wrestler A backs out of circle and B shots them off	Stalling on A for not wrestling in center
Wrestler A takes aggressively pursues B and takes multiple legitimate takedown attempts	Stalling on B for not working
Wrestler A kicks out of a takedown hold and causes an OOB call	Stalling on A
Interlocking fingers after first stalemate stoppage	Stalling on the wrestler who initiated the interlocking, please verbally warn them and give time to release prior to stall call
Top Wrestler	Call to be made

Wrestler A applies a move in which arm is up or trapped on the back or belly (with or without a leg hooked) and does not work it to improve	Traditional stalling on A
Wrestler A grabs ankle	5 second count verbal count
Wrestler A applies side headlock	5 second count verbal count
Wrestler A goes below waist / without being above torso	5 second count verbal count
Bottom wrestler goes to leg first and wrestler A goes to lower leg	No count, if lower guy lets go, give reaction time and start count
Bottom wrestler stands and top wrestler still down on mat (not standing)	No count but must make an attempt(s) to return bottom wrestler
Supermans or lets go off legs after a count still down but not grabbing leg(s)	Stop count but immediately hit if he goes back to a grab
Top wrestler goes to ankle or leg repeatedly for a 3 count and then goes again in same period and sequence	Immediate stalling the third time for gaming
Top wrestler double boots and bottom man not moving	Stalemate if pressure is being applied downwards, instruct wrestlers to improve, then stalling next time
Top wrestler's hips are pressing into the mat directly parallel on top of bottom man	Call stalling on top man for not working for a fall
Top wrestler earns takedown and gets trapped by bottom man before he can move up	Stalemate, as rule was not written to penalize scoring wrestler if they get trapped
Top wrestler stays on butt of bottom wrestler works half in and out but does not progress	Stalling on top wrestler after time not working
Bottom wrestler tripods up and top man hooks leg and behind both pits elevated with pressure being forces towards head or to mat in front	Stalling after a short time
Top wrestler hooks near ankle with leg or fours the near leg	Tell to improve and stalling if not working after giving a chance to work the ankle hook or figure four
Top wrestler does not aggressively work to break down opponent and/or work for near fall and/pin	Stalling on top wrestler after giving time to work
Bottom man stands up and top man does not make effort to return bottom man	Stalling on top wrestler and do not stop match
Top wrestler pins bottom man with pressure to mat and does not leave from leg area	Stalling on top wrestler if they do not progress and work for fall
Top wrestler inserts double boots or both legs into the bottom wrestler	Stalemate (tell top wrestler stoppage is due to legs) and warn for stalling if happened again
Bottom Wrestler	Call to be made
Bottom wrestler's head on the mat in base or laying on mat with or without head on mat	Warn for stalling after allowing time to work and analyze whether unable to work up or unwilling
Bottom wrestler's keeping hands and elbows close to body without opening up and laying on mat	Warn for stalling after short amount of time as they have to open up and work for escape or reversal
Bottom wrestler grabs top wrestlers arm(s) over his shoulder	Stalemate if stops improvement, with top guy putting pressure on bottom man, if no pressure from top man, then this can be a stall call
Bottom wrestler not initiating action to escape or reserve opponent	Stalling on bottom man

Notes:

Match is not to be stopped when warning or penalizing in neutral position except for second or more stoppages for interlocking fingers

Match is not stopped for warning or penalizing stalling on defensive wrestler or the offensive wrestler when standing

Stop match to warn offensive wrestler for stalling when not in a scoring situation