



Secretary-Rules Editor Article #3 NCAA Wrestling Case Book Updates Updated November 7, 2025

Offensive Wrestler Stalling in Rear Standing Position

Question: At the start of the second period, Wrestler B, the defensive wrestler, stands up and Wrestler A follows and locks their hands around the waist of Wrestler B. Wrestler A fails to initiate a mat return and eight seconds later, the referee penalizes Wrestler B for stalling and clasps their wrist to indicate that riding time shall stop. When would riding time start again?

Ruling: Riding time would restart when either the offensive wrestler returns their opponent to the mat beyond reaction time or wrestling action brings both wrestlers back to the mat beyond reaction time. After being penalized for stalling in the rear-standing position, an attempt to return their opponent to the mat alone would not be sufficient to restart riding time.

(Rules 4.5.13, 5.1.4 and 5.7.15c)

Question: While in the rear-standing position, Wrestler B is warned for stalling. The official signals stalling and clenches their wrist to stop riding time. As the match continues, Wrestler A initiates a dive roll underneath to grab Wrestler B's ankle, and a scramble ensues with both wrestlers now on the mat. At this point, would riding time start again for Wrestler B?

Ruling: Yes. Once the wrestlers return to the mat beyond reaction time, riding time shall restart. It does not matter which wrestler initiated the action to bring them back to the mat.

(Rules 4.5.13, 5.1.4 and 5.7.15c)

Unsportsmanlike Conduct

Question: At the end of the second period, Wrestler A, who is in the middle of the mat, takes off their ear protection and throws it to their coach and says, "I need another one." What is the correct call?

Ruling: Rule 5.2.1 states that the "...throwing, tossing, sliding or spiking ear protection or any other piece of equipment (regardless of anger, excitement or ebullience)..." shall be considered unsportsmanlike conduct. Since this occurred during the match, a penalty point should be awarded to Wrestler B.

(Rule 5.2.1)



Question: With the wrestlers in neutral and the match tied, 6-6, in the third period, Wrestler A is awarded a takedown at the buzzer (end of the period). Wrestler A, in their excitement, slams their ear protection into the mat and immediately gets penalized for unsportsmanlike conduct by the referee, who deducts a team point from Team A. The coach of Team B, however, throws the challenge brick immediately after the takedown was awarded, arguing that the takedown did not occur until after time expired. The referee(s) reviews the wrestling sequence and confirms that the takedown was not secured until after the period ended and negates the takedown awarded to Wrestler A. What happens to the unsportsmanlike conduct call against Wrestler A?

Ruling: There are two possible outcomes in this scenario.

- If the takedown is confirmed on video review; Wrestler A wins the match, 9-6, but also will lose a team point for unsportsmanlike conduct (post-match penalty).
- If the takedown awarded is overturned on video review; the match score would still be tied, 6-6, and the match would then head into sudden victory. The unsportsmanlike conduct call against Wrestler A, however, would no longer be a post-match penalty but an in-match unsportsmanlike conduct call which would result in Wrestler B being awarded one penalty point, and Wrestler B would be declared the winner, 7-6.

Please refer to A.R. 3-14 in the 2025-26 and 2026-27 NCAA Men's Wrestling Case Book for further clarification on the in between period in overtime.

(Rule 5.2.1)

One-Pound Weight Allowance

Question: Team A wrestles a dual against Team B on Thursday evening at 7 p.m. Team A is then scheduled to wrestle at an eight-team dual event on Saturday (10 a.m. start time) although they will only be wrestling against three teams (Teams 1, 2, and 3). Do Teams 4, 5, 6, and 7 (i.e., the teams not competing against Team A) receive the one-pound weight allowance?

Ruling: Yes. Rule 9.3.2 expands the one-pound weight allowance for dual competitions held within a 48-hour window. Although several teams competing on Saturday may not compete directly against Team A, the one-pound allowance is granted to all opposing teams that did not compete the day (or within the 48-hour window) before.

(Rule 9.3.2)