



WRESTLING

Secretary-Rules Editor Article #5 NCAA Wrestling Case Book Updates Updated February 13, 2026

Video Review – Operator/System Error

Question: From the neutral position, Wrestler A shoots a blast double and wrestling action takes the wrestlers to the edge of the mat. Wrestler A appears to secure the takedown immediately before they go out of bounds and the referee awards three points. The coach of Wrestler B immediately throws the challenge brick, stating that the wrestlers were out of bounds before control was established. When reviewing the sequence, the referee(s) sees that the camera operator failed to follow and capture the wrestling action on the edge until after the wrestlers were out of bounds and cannot determine whether the takedown was scored while in bounds. Does Coach B retain their video review challenge?

Ruling: Yes. If the wrestling sequence fails to capture necessary and/or essential video footage for the referee(s) or independent reviewer to make a ruling, the challenging coach shall retain their challenge due to operator error. In this case, the takedown call awarded would be upheld.

(Rule 3.13.11)

Ear Protection – Unsportsmanlike Conduct

Question: Wrestlers are on their feet in the neutral position and tied up with one another. The ear protection of Wrestler A becomes dislodged, and Wrestler B grabs it and then tosses it off the mat. Per Rule 5.6.1, should this be penalized as unsportsmanlike conduct?

Ruling: Yes. The tossing, throwing or sliding of any piece of personal equipment shall be called as unsportsmanlike conduct, even if it is the opponent's equipment. In this situation, the referee should stop action as soon as possible and call an official's timeout to allow for the faulty equipment to be repaired/replaced. Note: A reminder that unsportsmanlike conduct only applies to situations where a wrestler throws, tosses, or slides any piece of personal equipment. Simply dropping or placing personal equipment on the mat does not constitute unsportsmanlike conduct. Please refer to Case Book A.R. 5-2 for additional clarification.

(Rule 5.6.1)

Stalling – Dropping to a Knee(s) in Neutral Position

Question: From the neutral position, Wrestler A drops to one knee and remains in that position for several seconds while initiating no contact with their opponent. Is this an automatic stalling penalty?



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Ruling: No, this is not an automatic stall call. However, this tactic could be construed as stalling, when used to avoid wrestling action, particularly if repeated or when the wrestler fails to advance toward their opponent or initiate any attacks against their opponent. If, in the judgement of the official, the wrestler drops to their knee(s) to avoid wrestling, it shall be penalized as stalling.

(Rules 5.7.1 and 5.7.5)

Imminent Scoring – Neutral Danger Takedown

Question: From the neutral position, both wrestlers are in a scramble situation. Wrestler A (the green wrestler) is then placed in the neutral danger zone, and the referee verbally announces, "Danger – Green," and then begins their verbal count. After the verbal first count, Wrestler A indicates that they are injured and the referee stops the match and signals for an injury timeout. Can Wrestler B be awarded a neutral danger takedown if the referee believes scoring was imminent?

Ruling: Yes. Although wrestlers can come out of the neutral danger zone, if the referee firmly believes that Wrestler A would have been unable to do so before the third verbal count, a neutral danger zone takedown may be awarded. Additionally, since Wrestler A was charged with an injury timeout, Wrestler B would also be given choice of position at the restart.

(Rule 6.1.14)

Concurrent Timeouts – Blood, Injury, Concussion Evaluation

Question: From the neutral position during a takedown attempt, both wrestlers inadvertently butt heads and fall to the mat. The official immediately stops the match and both wrestlers ask for injury time. The injury clock starts for both wrestlers when medical personnel arrive on the mat but shortly after treatment begins, the athletic trainer for Wrestler A states that their wrestler is bleeding, so the referee stops and negates injury time for Wrestler A. After treatment, both wrestlers are ready to resume wrestling. Since Wrestler B was the only wrestler to be charged with an injury timeout, would Wrestler A have choice of position on the restart?

Ruling: No. Although Rule 6.1.15 states that Wrestler A (who was ultimately not charged with an injury timeout because of blood) would be granted choice of position, the match stoppage occurred at the same time and both wrestlers required medical attention. If a match is stopped and both wrestlers require medical attention (including bleeding, concussion evaluation or injury time), neither wrestler would receive choice of position and wrestling shall resume in the position in which it was stopped.

(Rules 6.1.14 and 6.1.15)