



UNIVERSITY OF SOUTH FLORIDA CAMPUS RECREATION – INTRAMURAL SPORTS

WRESTLING Revised 1/14/09

PLAYERS AND ATTIRE

Weigh-ins will occur the night before the tournament in the locker rooms.

Match assignments will be available on the day of the tournament. Draw sheets will be posted in the Upper Gym.

Each team may enter two (2) participants per weight class.

All wrestlers must wear tights, shorts, or sweatpants and t-shirts or cut-away undershirts (No sweatshirts!) Tennis, basketball, or wrestling shoes must be worn.

Headgear is recommended, but not required.

GAME, MAT, AND EQUIPMENT

NCAA Rules will govern (with the exception of the modified bout duration).

The wrestling tournament will be single elimination tournament with a consolation bracket for 3rd and 4th place.

The weight classes will be as follows: 126, 134, 142, 150, 158, 167, 177, 190, 220, and unlimited.

LENGTH OF MATCH AND TIME CONSTRAINTS

All contestants must be on the mat and ready to wrestle within ninety (90) seconds after the conclusion of the preceding match.

Preliminary matches will consist of three (3) periods, each consisting of one (1) minute. Semi-finals and final matches shall consist of three (3) periods, with each period 1 ½ minutes long. No rest or time is permitted (a 3-minute time period will be honored in case of injury or illness only).

Should any match end in a draw, the winner will be determined by a sudden death match, the 1st contestant to score a point in this period shall be declared the winner.

SCORING

Matches will be won by fall decision, default, forfeit, or referee's decision.

If a wrestler is ahead by 15 points at any time during the match, the match will be over.