



The University of Michigan
Department of Recreational Sports
Intramural Sports Program

WRESTLING RULES

I. INTRAMURAL POLICIES AND PROCEDURES

(NOTE: Listed below is a synopsis of important Intramural Policies and Procedures. For a more detailed explanation, please refer to the Intramural Sports Program Manager's Manual, which can be found on our website at www.recsports.umich.edu/intramurals.)

A. ROSTER AND ROSTER ADDITIONS

1. **Individual, Dual, and Team Meets:** For meets, a team must submit its roster prior to the event and prior to the roster deadline if one is set. Rosters may not be modified after the roster deadline.

B. ELIGIBILITY

1. **Checking ID's:** Before a contest, event, or activity, all members of a team shall present to the official their pictured Student ID card. The official shall then verify the participant's identity and so note on the scorecard. Those players listed on the scorecard and verified by an official are considered to have participated in that contest. Should a participant arrive at the contest after it has started, the participant assumes the responsibility to have his/her identity verified by the official during a stoppage of play. Should a player not be verified by an official, that individual shall be considered an ineligible player.
2. **Forgotten ID Policy:** If a player forgets his or her ID, the following procedure will be followed:
 - a. The player must present a form of pictured ID (i.e. state driver's license, state identification, etc.) to the sport supervisor.
 - b. The sport supervisor shall complete an Intramural Forgotten ID Form and give that form to the participant.
 - c. The participant shall present the completed Intramural Forgotten ID Form along with his/her ID to the game official for verification.
 - d. The player must come in the next working day between 9:00am and 4:30pm with their valid student ID to verify that they are an eligible participant in the Intramural Sports Program. Failure to do so shall result in a forfeit against the violating team.
3. **Intercollegiate Athletes:** Teams may not use any Intercollegiate Wrestling Athletes. Teams may use only one (1) ex-varsity Wrestling athlete on their IM team.

C. FORFEITS:

A team not ready to play (or failing to appear) at the designated day, date, time, and location of the scheduled contest will forfeit that contest.

D. SPORTSMANSHIP RATINGS

1. Each team in each contest shall be rated by the officials. A meet has a total of 10 sportsmanship points, based on the conduct of the team for the duration of the meet. During the course of the contest, teams may lose points if their behavior deteriorates. A team will be disqualified if their SRS becomes zero or below.
2. Level 1 Sportsmanship Infraction: For each Sportsmanship infraction a team receives, one point will be deducted.
3. Level 2 Sportsmanship Penalty: For each Sportsmanship Penalty a team receives, three points will be deducted.
4. Level 3 Sportsmanship Ejection: For each Sportsmanship Ejection a team receives, seven points will be deducted.
5. Forfeits: Forfeiting a contest shall result in a seven point deduction.

Level 1: Sportsmanship Infraction (1 point deduction)	?Any verbal warning that addresses conduct	
Level 2: Sportsmanship Penalty (3 point deduction)	? Alcohol use by spectators ? Spectator interference	? Scratches in Meet
Level 3: Sportsmanship Ejection (7 point deduction)	? Alcohol use by player ? Physical contact with an official ? Fighting ? Intentionally injuring or attempting to injure an opponent ? Threatening/Verbal abuse of an official ? Use of an ineligible player ? Use of a suspended player ? Forfeiting a game	

II. SPORT RULES

A. ENTRY FORMAT

1. A team will consist of at least four (4), but no more than twenty (20) people.
2. Each team is limited to a maximum of two entries per weight class. If a team has more than two individuals weigh-in for the same weight class the organization/team manager must, by 3:00 p.m. on the weigh-in date, determine which two individuals will remain in the weight class.
2. Individuals may enter the wrestling tournament but are limited to wrestling in one weight class only.

B. WEIGHT CLASSES

1. There are ten (10) weight classes. They are (in pounds) 142, 150, 158, 167, 174, 182, 190, 198, 220 and unlimited. The unlimited class has a maximum of 260 pounds.
2. Each weight class will be increased by one pound per day for the duration of the tournament. Because the tournament runs three days, those who make the final day will be allowed to weigh three pounds more than the original weight class limit.
3. A wrestler may NOT participate in any weight class other than the correct one (by weight) or the next higher weight class. Exception: Weight classes with less than 5 wrestlers may be combined at the discretion of the meet manager.
4. Teams must have wrestlers enter and compete in 6 of the 10 weight classes to score ASP Points.

C. WEIGH-IN PROCEDURE

1. Initial Weigh-In
 - a. All wrestlers in all divisions must weigh-in on the designated day.
 - b. At the time of the weigh-in the wrestler must have a valid U of M student ID or a valid Rec Sports User Pass. This ID must be presented to the staff member doing the weigh in.
 - c. Wrestlers may uncloth only to the briefs. Attempting to weigh in with no clothes on may result in elimination from the tournament.
 - d. Individuals must ensure that the weight is recorded correctly on the “weigh-in listing” by initialing next to the recorded weight.
2. Tournament Weigh-In
 - a. A wrestlers must weigh-in prior to wrestling.
 - b. The weight for each class increases by one pound per day.
 - c. When called to wrestle, the wrestler must produce a valid U of M student ID or a Rec Sports User Pass and a validated weigh-in card. The ID and the weigh-in card will be kept at the scoring table until the wrestler has completed the match.

D. MATCH INFORMATION

1. A match will consist of three rounds. The times for these rounds will be 90 seconds for all three rounds. If a tie exists at the end of the three rounds, a sudden victory round of one minute will take place. If a tie still exists, the tie will be broken using the National Federation tie breaker criteria.
2. Scoring will be done in accordance with the National Federation of State High School Association’s rules.
 - a. Takedown 2 points
 - b. Escape 1 point
 - c. Reversal..... 2 points
 - d. Near Fall 2 or 3 points

E. EQUIPMENT

1. All wrestlers are required to wear approved head gear. Head gear will be provided by Rec Sports to any wrestler needing it.
2. Colored ankle bands will be provided, and must be worn by each wrestler.
3. Soft soled or formal wrestling shoes must be worn.
4. No jewelry of any type may be worn, or any other item which may be dangerous.
5. Casts are illegal.
6. Clothing which has blood on it must be removed before the player may continue competition. A substitute player should enter the game to allow the player with blood to remove the soiled clothing.