

2024-25 NFHS Wrestling Rules

PENALTY CHART

(Available in PDF format on www.nfhs.org)



	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds/Maneuvers	7-1	No	1 Pt.	1 Pt.	2 Pts.	Disqualify
Technical Violations	7-3	No				
Unnecessary Roughness	7-4-1	No				
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Scorer's Table Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3	Following two cautions there is a 1-point penalty for each subsequent infraction.				
Coach Misconduct (during the match)	5-5, 6-6-6, 7-5-4, 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel	7-4-2, 7-5-3, 8-1-5	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Flagrant Misconduct – Contestants	7-4-3, 8-1-6	No	Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.			
Flagrant Misconduct – Coaches and Other Team Personnel	7-5-5, 8-1-3, 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.			
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform	7-3-5, 8-1-1	No	Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time. If corrected within the 1½-minute injury time, a technical violation shall be assessed against the offending wrestler.			
Summary of Technical Violations Going out of Wrestling Area (Fleeing) (7-3-1) Grasping Clothing, Etc. (7-3-2) Interlocking Hands (7-3-3) Leaving Wrestling Area Without Permission (7-3-4) Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-5)	NOTE 1: Disqualification due to technical violation, illegal hold/maneuver, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. The individual is removed for the duration of the event. NOTE 2: Points for unnecessary roughness, grasping clothing, or locking hands awarded in addition to points earned. NOTE 3: Disqualification due to stalling does not eliminate a contestant from further competition in tournaments.					

STALLING PENALTY CHART

Stalling	Rule	First Offense	Second Offense	Third Offense	Fourth Offense*	Fifth Offense
* Match shall be stopped and the opponent will have choice of position on restart. **The match would not be stopped to warn or penalize for stalling, including a two-point stall, if the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.	7-6, 8-1-4	Warning	1 Pt.	1 Pt.	2 Pts.	Disqualify