



UNIVERSITY OF WYOMING

Intramural Sports

Wrestling Rules

(Updated: 3/1/2018)

Current NFHS rules will apply except as modified below for intramural competition.

1. Weight classes will be determined prior to the start of competition. There will be no more than four individuals in a given weight class. Individuals will not wrestle anyone who is more or less than 10 pounds than them.
2. Skin checks will be conducted by the Athletic Trainer and/or the Official during weigh-ins. We will not be covering any skin conditions. The Athletic Trainer, Official, and RecSports Staff will have the final say regarding eligibility.
 - a. Skin checks and weigh-ins will be conducted before participants enter the wrestling room.
3. The recommended uniform is a wrestling singlet. MMA style fight shorts and compression tops are also allowed. Board shorts WITHOUT loops and pockets are allowed.
4. Wrestlers are encouraged to bring their own headgear. Headgear is available to those who do not have their own.
5. Hair that falls below the chin must be pulled up. Facial hair is allowed as long as the skin can be seen.
6. Blood time will be 2 minutes. If any injury delay last longer than two minutes the match will end.
7. Matches will consist of three periods; 1:30, 1:00, 1:00. If necessary, a sudden death overtime period will be 1:00 in length. Double overtime will be two :30 periods with each wrestler having a chance to start on top.
 - a. If a second match is necessary to determine a winner, participants must wait 30 minutes before their second match.
8. Lifts above the height of the chest will not be allowed.