

# \* NVWF REFEREEING SPECIAL RULES\*

The Northern Virginia Wrestling Federation (NVWF) adheres to the National Federation of State High School Associations' (NFHS) wrestling rules with the following exceptions:

1. A Regular **Bout** consists of :
  - a. Three 1 minute rounds for Bantams, Midgets, and Juniors and then
  - b. Three 1½ minute rounds for Intermediates and Seniors.
  - c. Bouts which are tied at the end of the third round will go into; I) fourth round “Tiebreaker” from Neutral with first to score wins, and II) fifth round “Sudden Victory” when whoever scored first in the regular rounds gets choice for Top or Bottom only (if Bottom escapes or reverses he wins, if Top can legally ride, he wins). Both rounds are for 30 seconds each.
2. The following are always considered “**Dangerous Holds.**” One (1) point shall be awarded to the victim opponent if accidental use OR the match shall be forfeited to same if for purposeful use.
  - a. Full nelson (using the Penalty Chart\*).
  - b. Chicken Wing applied in the form of a Hammerlock where the forearm may be extended beyond 90 degrees.
  - c. Forceful use of knee or foot against an opponents bone structure or joint which could cause injury.
  - d. Applying a cross face in such a way as to smash the forearm across opponent's face.
  - e. Headlock where you do not have another part of the body along with the head.
  - f. Unnecessary throwing of elbows when on the bottom in referee's position.
  - g. A throw where the opponent is released or a drop where the top wrestler comes down hard on the bottom wrestler with all of his weight on top of his opponent.
3. **For All Age Groups.** Body Scissors is limited to 10 seconds.
4. **For Bantam, Midget, and Junior Bouts Only.** Headlocks will be limited to 10 seconds. After 10 seconds, the bout will be stopped, any earned back points awarded, and then will be restarted from the Referee's Position based on previous positions.
5. **HEADGEAR.** Headgear is required for **ALL AGE GROUPS.**
6. **Crying Rule:** when the Referee stops a match because of crying by a wrestler, if the match is to continue, (1) one point shall be awarded for stalling to their opponent with any earned back points and then they will be restarted in Referees Position based on previous positions.
7. **Biting Rule:** when it can be positively determined a wrestler has been bitten, the Penalty Chart for Flagrant Misconduct\* shall be applied to the perpetrator if believed to be intentional.
8. **Throwing in the Towel:** is allowed at any time by a Coach who wishes to forfeit their match.
9. **Locked Hands:** ONLY for the first meet in December will a verbal warning be given the first time, thereafter, the Penalty Chart\* shall be used in awarding Technical Violation points.
10. **Stalling:** shall be warned and then points awarded when “clearly recognized,” but this call is at the Referee’s judgment\* and must be balanced according to the age of the wrestlers.
11. **No Injury Time:** injuries requiring a time out, including blood, shall be treated without penalty until determined by the Referee, Coaches and/or Athletic Trainer the match should be ended.