

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

ART. 2 . . . When indicating an infraction, the referee shall stop the match with the following exceptions:

- a. warning or penalizing the defensive wrestler for stalling (except when a two-point stall is awarded);
- b. warning or penalizing for stalling in the neutral position (except when a two-point stall is awarded);
- c. warning or penalizing the offensive wrestler for stalling or a technical violation when the defensive wrestler is on the feet (regardless of the position/location of the offensive wrestler) (except when a two-point stall is awarded);
- d. in a pinning situation, to penalize the defensive wrestler;
EXCEPTION: When the situation has concluded, the referee shall stop the match, signal and verbally announce the infraction and award points earned.
- e. locked hands or grasping of clothing by the offensive wrestler while the defensive wrestler is attempting an escape or reversal;
EXCEPTION: The referee shall stop the match when it is obvious the defensive wrestler will not complete an escape or reversal. If the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.
- f. grasping of clothing by the wrestler being taken down when a takedown is imminent.
EXCEPTION: The referee shall stop the match when it is obvious that the takedown will not be completed. If the takedown is successful, the match shall not be stopped to award points.

EXCEPTION: Related to stall calls including the two-point stall call, as shown in items a-f above. 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.

ART. 3 . . . Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty. The penalty for an illegal hold/maneuver, technical violation (except false start or incorrect starting position), unnecessary roughness and wrestler's unsportsmanlike conduct in the match is awarding the opponent of the offender one match point on the first and second offenses, and two match points on the third offense. A fourth offense shall result in disqualification. The first two calls for a false start or incorrect starting position will receive cautions. Following the two cautions, one match point will be awarded to the opponent of the offender for each subsequent violation. (See Penalty Chart)