**IM Sports - WRESTLING RULES & INSTRUCTIONS**

*NCAA Wrestling rules with these IM modifications and the IM General Rules will apply.*

**Weight Classes:** 133, 141, 149, 157, 165, 174, 184, 197, HWT (275 lb. limit).

**Weigh-in:** To register, come to the IM Office, Room 2 IM Bldg, with you PSU ID+Card, and weigh-in in street clothes (t-shirt & shorts). You are required to be within 3 lbs. of your desired weight class at registration. This is your ONLY weigh-in.

**Wrestling Nights:** All wrestlers must present there PSU ID+ Cards in the Varsity Wrestling room in Rec Hall at EACH bout. Due to the time span of this tournament, 4-6 days over 2-3 weeks (varies by weight class), and concerns for your health, your ONLY weigh-in is at registration.

**Bouts:** Each bout will be 4 minutes total. The 1st period is 2 minutes, followed by two - 1 minute periods. Choice of position for the 2nd period will be determined by chance and the wrestler will choose up or down. The positions will switch for the start of the 3rd period, as needed.

**Location:** All bouts will be held in the PSU Varsity Wrestling room in Rec Hall. There will be two days each week used for matches (see current wrestling flyer for specific dates this year). Wrestlers will be scheduled for one or both sessions depending on the size of the bracket for that weight class.

**Scoring:** NCAA wrestling scoring will be followed to determine the winner. This is a single elimination tournament.

- Takedown = 2 pts
- Reversal = 2 pts
- Near fall = 2 or 3 pts
- Escape = 1 pt
- Time Advantage = 1 pt for 30+seconds

**Ties:** are broken by a 30 second ride out as defined by the NCAA rules.

**NOTE:** Wrestling is a strenuous control sport. Participate ONLY if you have done some prior conditioning and are in good health. Do not sign up simply to fill a weight class for a team or if you do not intend to complete your schedule.

**QUESTIONS:** Intramural Office, 101 Intramural Bldg., 8am-5pm (M-F), (814) 865-5401

*Last Modified 1/8/2014*