

**PENALTY CHART** (Available in PDF format on Web site – nfhs.org)

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds	7-1	No	} 1 Pt.	1 Pt.	2 Pts.	Disqualify
Technical Violations	7-3	No				
Stalling	7-6	Yes				
Unnecessary Roughness	7-4-1	No				
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Mat Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	7-3-1		Following two cautions there is a 1-point penalty for each infraction			
Coach Misconduct (during the match)	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 8-1-4	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 or tournament.		
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No	Disqualify on first offense, deduct 2 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.			

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Flagrant Misconduct - Coaches and Other Team Personnel	7-5-5 8-1-6	No	Remove from premises immediately on first offense and deduct 2 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	7-3-7 8-1-1		Any contestant reporting to the mat in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time.

**Summary of Technical Violations**

- Assuming Incorrect Starting Position and False Start (7-3-1)
- Going out of Wrestling Area (7-3-2)
- Grasping Clothing, Etc. (7-3-3)
- Interlocking Hands (7-3-4)
- Leaving Wrestling Area Without Permission (7-3-5)
- Figure 4 Head From Neutral (7-3-6)

**Note 1** — Disqualification due to technical violation, illegal hold, stalling, 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. They are removed for the duration of the event.

**Note 2** — Points for unnecessary roughness, grasping clothing or locking hands are awarded in addition to points earned.

**EXAMPLE OF INFRACTIONS** — Wrestler A in the first period locks hands – penalty, 1 point. Shortly thereafter Wrestler A is called for a false start and cautioned. In the second period, the wrestler applies an illegal hold and is penalized one point, and then is called for stalling and given warning. In the third period, the wrestler is called for an incorrect starting position and again cautioned. The wrestler is then called for stalling and penalized two points, followed by a false start and one-point penalty. Last, Wrestler A locks hands and is disqualified.