

PENALTY CHART WITH RMN MODS

Version 4

Modified Dec 7th 2023

Infraction	Rule	Warn	1st	2nd	3rd	4th
Illegal Holds	5-14 7-1	No	1pt	1pt	2pt	DQ
Unnecessary Roughness	7-4-1	No	1pt	1pt	2pt	Note 1
Unsportsmanlike conduct during Match	7-4-2	No	1pt	1pt	2pt	Note 1
Stalling	7-6, 8-1-4	Yes	1pt	1pt	2pt	DQ
Shoes coming off. shoelace coming untied. 8 and under - NOTE 1	7-3-5 Stalling	NO	1pt	1pt	2pt	DQ
Technical Violations Locked hands - 8 and under - NOTE 2	7-3	NO	1pt	1pt	2pt	DQ
Cautions	8-1-3	NO	C	C	1pt	1pt
Flagrant Misconduct	5-12	NO	NOTE 3			
Illegal Hold - Recovery	8-2-2	NO				
Injury timeouts	8-2	NO	TO	TO	DQ	

TECHNICAL VIOLATIONS

Include avoiding wrestling by leaving the mat, grabbing clothing or headgear, locked hands (8 and under see NOTE 1), or reporting to the scorers table not properly equipped or ready to wrestle.

CAUTIONS

False start or incorrect starting position are Caution, Caution and then 1 pt for every infraction thereafter.

INJURY TIME:

The decision to continue is the decision of the coach and/or parent. However, the trainer has the ability to terminate participation based upon safety considerations. With head, neck, or cervical injury (HNC) injuries, the trainer's say is final. Anyone who sustains two HNC injuries in one match will NOT be allowed to compete for the duration of the event.

RECOVERY TIME:

In case of an Illegal move resulting in injury, The official will start Recovery Time (2 Min), the hurt wrestler has 2 minutes to determine if (s)he can continue, if (s)he is unable to continue, then a DQ will result.. If the trainer needs to perform concussion protocol then the 2 minutes of recovery time and not concussion protocol is used.

NOTE 1 (RMN Modification from NFHS Rules)

Shoes coming off. shoelace coming untied:

8 and under age group will be told to tie shoe on 1st offense, subsequent infractions will follow the normal penalty chart

NOTE 2 (RMN Modification from NFHS Rules)

Locked Hands:

8 and under age group will have locked hands explained to them on 1st offense, subsequent infractions will start the normal penalty chart

NOTE 3 (RMN Modification from NFHS Rules)

Misconduct, Unsportsmanlike Conduct, Injury Default, and Disqualification

Officials have the decision on the Mat.

Head Official or Assistant Head Official will be consulted and management will be informed.

RMN Management will then decide the wrestler's continued involvement in the event.