

Intramural Wrestling

Weight Classes:

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|-------------------------|------------------------|
| 1. 98 lbs. & under | 7. 154 lbs. & under |
| 2. 105.5 lbs. and under | 8. 165 lbs. & under |
| 3. 114.5 lbs. and under | 9. 178 lbs. & under |
| 4. 123 lbs. and under | 10. 191.5 lbs. & under |
| 5. 132 lbs. and under | 11. 220 lbs. & under |
| 6. 143 lbs. and under | 12. Over 220 |

- 1) **Time periods:** 1 minute, 2 minute, 2 minute
- 2) **Scoring:** Takedown = 2 points; Escape = 1 point; Reversal = 2 points; Near fall = 2 or 3 points
- 3) **Pin:** Occurs when any part of either shoulder or scapulae are held in contact with the mat for 2 seconds.
- 4) **Near fall:** Occurs when a wrestler has control of their opponent in a pinning situation.
- 5) **Stalling:** Wrestler continuously avoids contact with opponent, plays the edge of the mat, prevents opponent from returning to or remaining inbounds, is not attempting to secure a takedown or does not attempt to wrestle aggressively.
- 6) **Uniform:** It is strongly suggested the wrestling outfit be tight fitting to better analyze pins. No loose shirts or sweats. Try to wear high top shoes or wrestling shoes.
- 7) **Awards per weight class:**
 - First place - Intramural Champion t-shirt
 - MVP – Plaque & Intramural Champion t-shirt