



10 Penalties & Technical Violations

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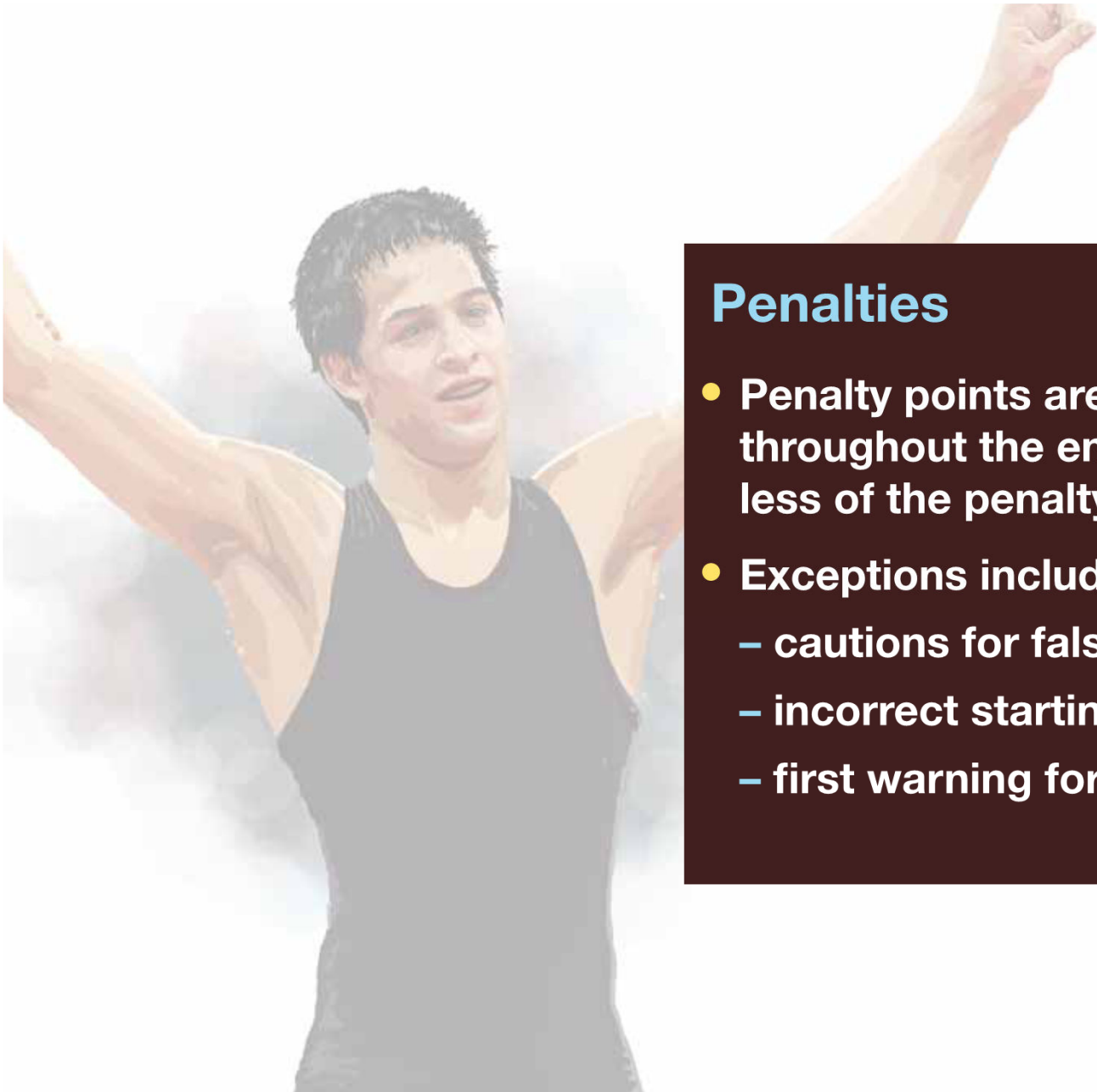




Penalties

- Penalties assessed to coaches and/or wrestlers.
- The point progression for penalties for **wrestlers during a match** are as follows:
 - First infraction = 1 point to opponent
 - Second Infraction = 1 point to opponent
 - Third Infraction = 2 points to opponent
 - Fourth infraction = Contestant disqualified
- **“One – One – Two – DQ”**





Penalties

- Penalty points are cumulative throughout the entire match regardless of the penalty reason.
- Exceptions include:
 - cautions for false starts,
 - incorrect starting positions, and
 - first warning for stalling.





Penalties

- All defined *Illegal holds and Maneuvers* and follow the penalty point progression.
1 ... 1 ... 2 ... DQ
- All *Technical Violations* follow the penalty point progression.
1 ... 1 ... 2 ... DQ





Penalties

- **Unnecessary Roughness** is any physical act that occurs during wrestling and exceeds normal aggressiveness.
 - forceful cross face,
 - elbow to the back of the head etc.
- Continued acts of **Unnecessary Roughness** may be considered **Flagrant Misconduct**.
- **Unnecessary Roughness** follows regular penalty point progression.





Penalties

- **Unsportsmanlike Conduct** is an act that may include physical or non-physical acts before, during or after the match.
 - Shoving, swearing, taunting, throwing ear guards, repeatedly dropping to one knee to break locked hands, or dropping shoulder straps down while still on the mat.

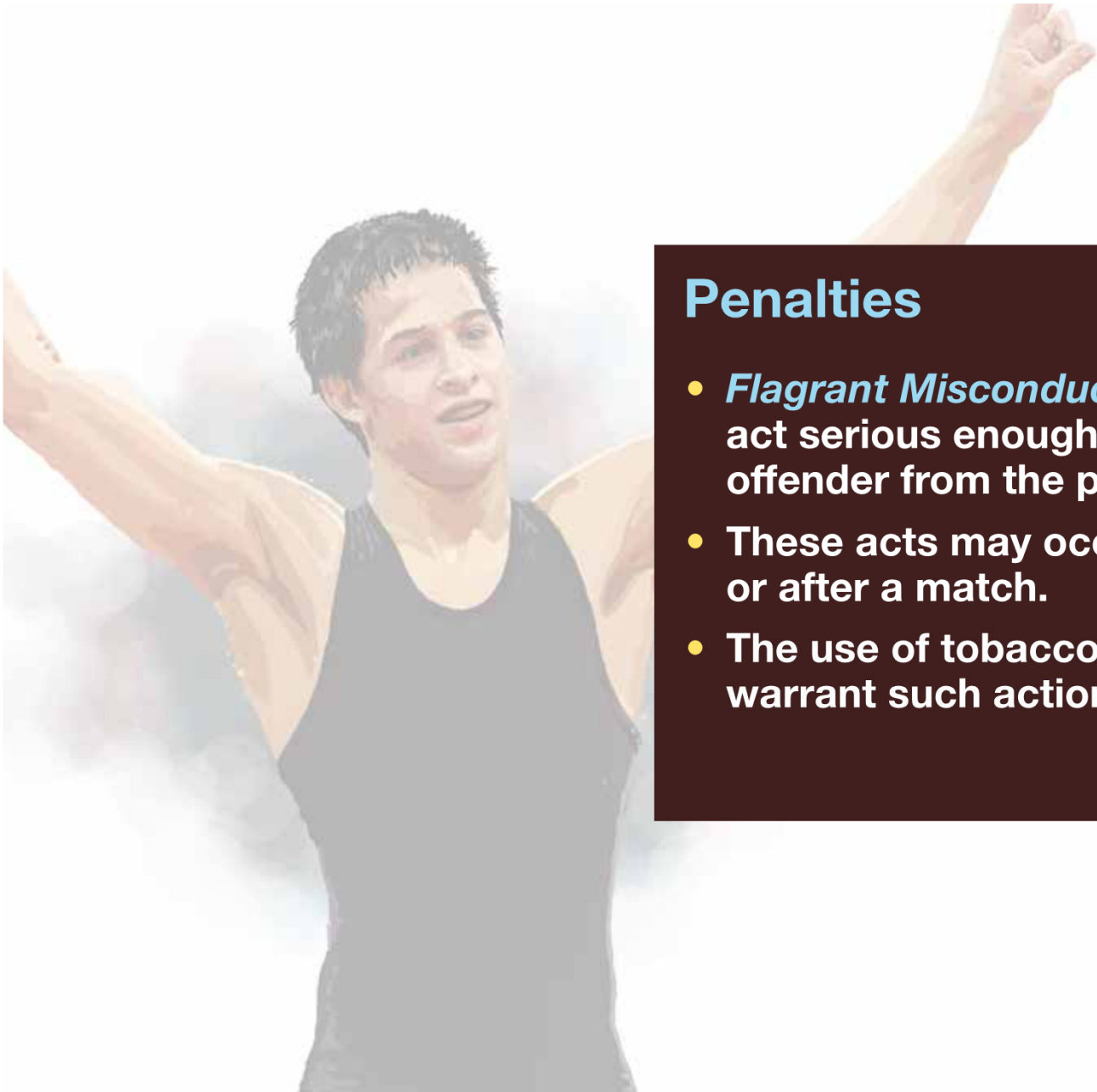




Penalties

- Continued acts of *Unsportsmanlike Conduct* may be considered *Flagrant Misconduct*.
- *Unsportsmanlike Conduct* during the match follows the regular penalty point progression.
- *Unsportsmanlike Conduct* of **contestants, coaches, or other team personnel**, not during the match, is assessed as;
 - **1 team point deduction** for the first infraction, and
 - **2 team point deduction** and removal from the premises for the remainder of the event.





Penalties

- ***Flagrant Misconduct*** is defined as any act serious enough to remove the offender from the premises.
- These acts may occur prior to, during, or after a match.
- The use of tobacco products would warrant such action.

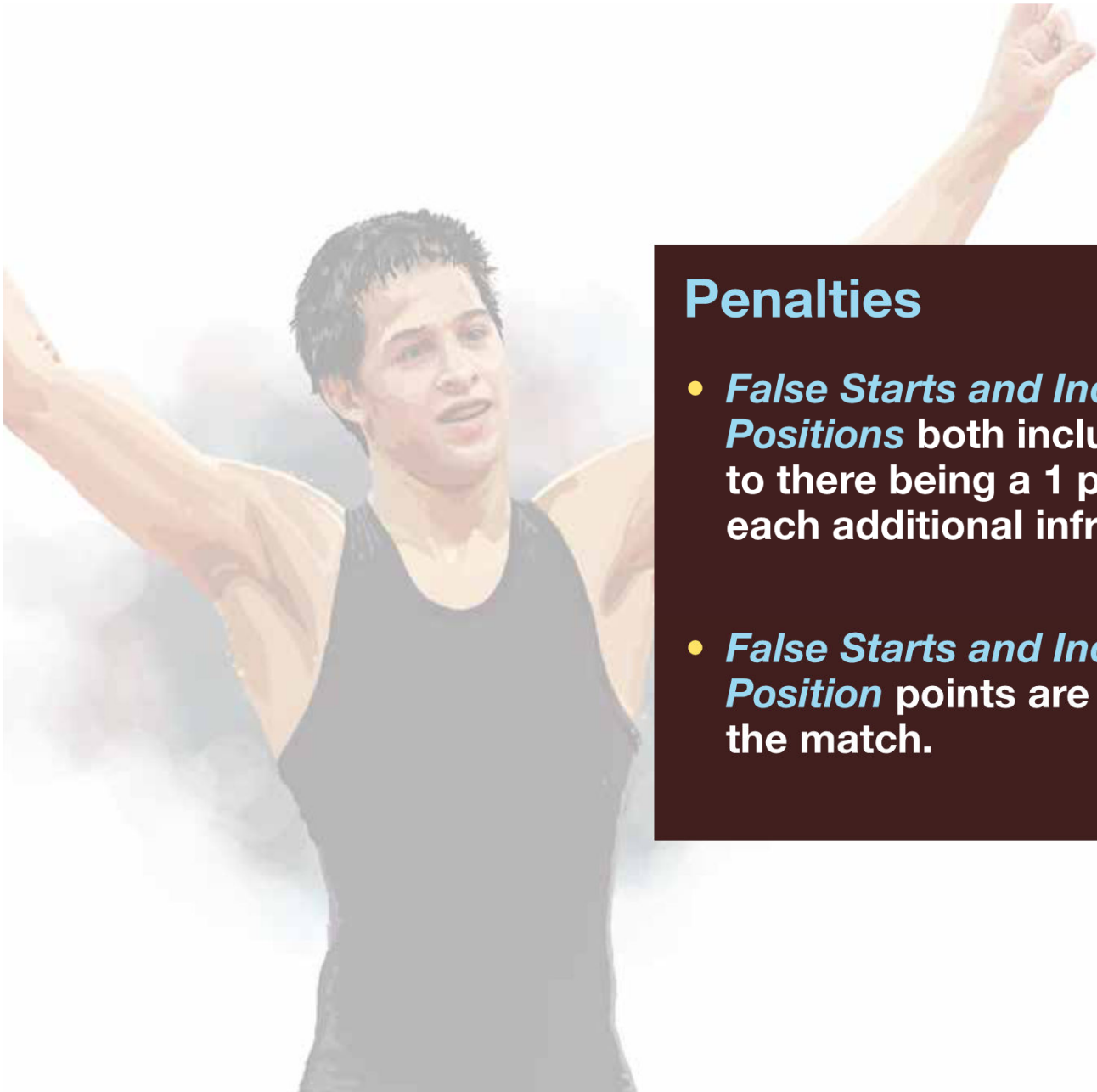




Penalties

- **Flagrant Misconduct** carries the following penalties:
 - Coaches and contestants are removed from the premises and assessed a 3 team point deduction.
 - Removal is for the remainder of the event, as well as further action as defined by OHSAA.
 - Coaches are fined and
 - Must attend an on-line class





Penalties

- ***False Starts and Incorrect Starting Positions*** both include 2 cautions prior to there being a 1 point penalty for each additional infraction.
- ***False Starts and Incorrect Starting Position*** points are cumulative through the match.





Technical Violations

- **Technical Violations** are non-injury infractions listed below and follow the regular penalty chart point sequence:
 - Going out of the wrestling area or fleeing the mat
 - Grasping clothing, which includes headgear
 - Locking hands
 - Leaving the wrestling area without permission
 - Reporting to the scorers' table not ready to wrestle or not properly equipped to wrestle

