

An illustration of two male wrestlers in a starting position. The wrestler on the left is wearing a blue singlet and blue shorts with white stripes at the hem. The wrestler on the right is wearing a black singlet and black shorts with yellow stripes at the hem and the letters 'NY' on the side. Both are wearing black headgear with white accents. They are in a tight, defensive stance, leaning forward with their arms extended and hands clasped. A dark blue banner with yellow text is overlaid on the middle of the image.

12 Starting Positions

A background image showing two wrestlers in a clinch. One wrestler is wearing a blue singlet and the other is wearing a black singlet. They are both wearing headgear. The image is slightly faded and serves as a background for the text.

Periods

- Three 2-minute periods
 - Neutral (both standing)
 - Offensive (top) each gets a choice
 - Defensive (bottom) each gets a choice
- Overtime
 - 1-minute neutral
 - 2-30 second periods, each gets a choice
 - 30 second ultimate tie breaker; ride out



NEUTRAL STARTING Position

- **Beginning the first period of a match**
- **After an escape has been earned**
- **Facing each other,**
- **Stationary,**
- **Each w/one foot on the colored starting line,**
- **Proper handshake,**
- **Referee will blow whistle to start the match.**

A faded background image of two wrestlers in a starting position, one in a blue singlet and the other in a black singlet, both wearing headgear.

Second Period

- **Second Period:**
 - **One wrestler gets choice of either**
 - **Offensive**
 - **Defensive**
 - **Neutral**
 - **Defer; if defer, then opponent gets choice and initial wrestler gets choice in third period**



Offensive position (top)

- Knee down on near side
- One hand around waist on the belly button
- Other hand on the near side elbow
- Head in mid-line of the back
- Once **VERBAL COMMAND “SET”** the referee blows the whistle to start the period”



Incorrect Starting Position

- **Wrong position**
 - A caution violation, allowed two cautions
 - Instructed to reset with the correct position
 - Third caution is a one match point penalty
- **False start**
 - Flinch or early jump
 - Same caution sequence
- **May not be disqualified from wrestling.**