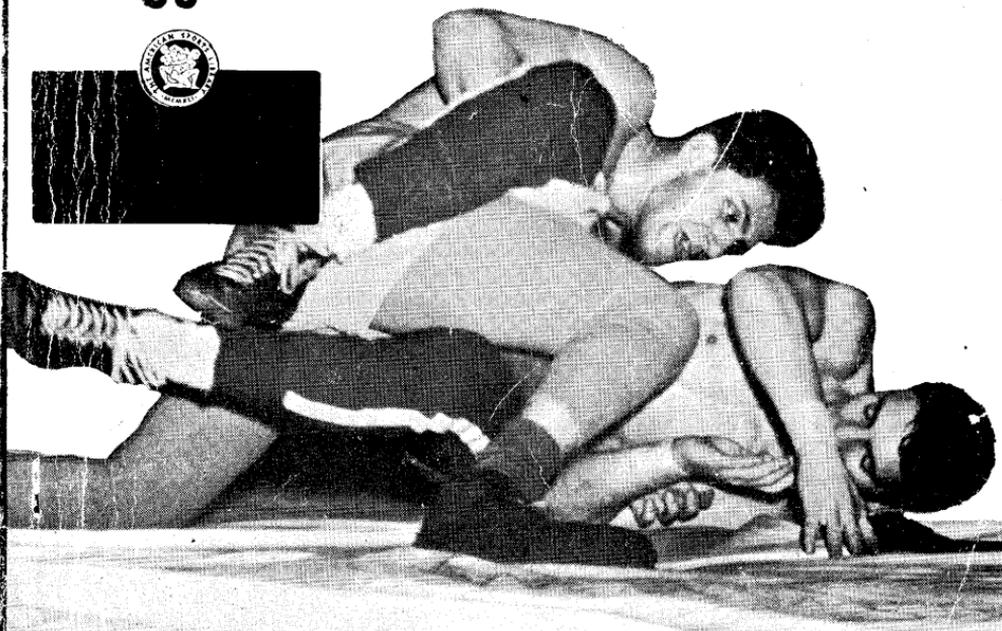


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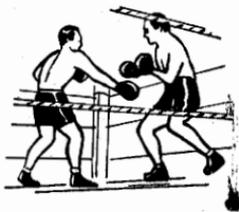
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National Collegiate Athletic Association

WRESTLING GUIDE

Including the

OFFICIAL RULES

1946-47

Edited by B. R. Patterson

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Contents

	PAGE
OFFICERS OF THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION.....	4
WRESTLING'S CONTRIBUTION TO A COLLEGE PHYSICAL EDUCATION PROGRAM by Henry A. Stone.....	8
WRESTLING VS BOXING AS EFFECTIVE SELF DEFENSE by Wesley Brown, Jr.....	11
WRESTLING VS BOXING by B. R. Patterson.....	15
WATER WRESTLING by Charles McCaffree, Jr.....	16
WRESTLING HOLDS	21
MEDICAL SUGGESTIONS by John A. Rockwell, M.D.....	23
CARE OF THE EARS by Donald B. Sinclair, M.D.....	25
WEIGHT LOSS AND WRESTLING by W. W. Tuttle, Ph.D.....	26
ETO CHAMPIONSHIPS by Lt. William E. Cleghorn.....	31
REVIEWS OF 1946 COLLEGIATE SEASON	
NCAA CHAMPIONSHIPS by C. P. Keen.....	34
EASTERN INTERCOLLEGIATE CHAMPIONSHIPS by E. F. Caraway.....	40
NEW ENGLAND WRESTLING.....	43
WESTERN CONFERENCE CHAMPIONSHIP by Glenn C. Law.....	44
INTERCOLLEGIATE WRESTLING IN THE ROCKY MOUNTAIN REGION by John Hancock.....	46
INTERCOLLEGIATE WRESTLING IN CALIFORNIA by Henry A. Stone.....	47
1946 DUAL MEET RECORDS.....	49
COLLEGIATE MAT NOTES.....	52
REVIEWS OF THE 1946 SCHOLASTIC SEASON	
LONG ISLAND WRESTLING.....	56
ILLINOIS HIGH SCHOOL WRESTLING.....	56

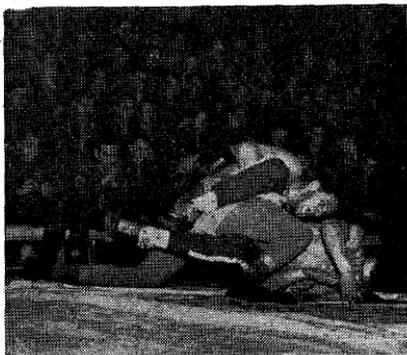
	PAGE
INDIANA HIGH SCHOOL WRESTLING.....	58
INTERSCHOLASTIC WRESTLING IN KANSAS.....	58
SCHOLASTIC WRESTLING IN NEBRASKA.....	59
OKLAHOMA HIGH SCHOOL WRESTLING TOURNAMENT.....	61
HIGH SCHOOL WRESTLING IN SOUTHERN CALIFORNIA.....	62

COACHES AND OFFICIALS SECTION

REGISTRATION OF OFFICIALS	
by Bliss P. Sargeant, Jr.....	66
TIPS FOR OFFICIALS	
by Bliss P. Sargeant, Jr.....	67
THE COACH AND THE RULES	
by B. E. Mooney.....	68
WRESTLING COACHES ASSOCIATION	
by Raymond Swartz.....	69
NCAA WRESTLING FILMS.....	69
ROSTER OF OFFICIALS.....	70

OFFICIAL WRESTLING RULES, 1947

NCAA WRESTLING RULES COMMITTEE.....	77
COLLEGIATE WRESTLING RULES.....	78
HIGH SCHOOL WRESTLING RULES.....	118
WRESTLING OFFICIALS' CODE OF SIGNALS.....	120
COACHES AND CONTESTANTS—ATTENTION!.....	121
REFEREES—ATTENTION!	
by R. G. Clapp, M.D.....	122
QUESTIONS AND ANSWERS.....	123
INDEX TO RULES.....	126



COVER PHOTO

Sgt. Chris Lindos, TSFET, shows why he won the ETO 191-lb. class in Wiesbaden, Germany, as he applies an arm and foot lock to the unfortunate Pfc. Bill Meñner, USFET, buried beneath Lindos.

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Wrestling's Contribution to a College Physical Education Program

By HENRY A. STONE

Wrestling Coach, University of California, Berkeley

Directors of college physical training programs are constantly beset by changing concepts which govern the choice of sports to be offered or to be urged upon the students. Athletic activities are promoted for a variety of reasons: physical needs of the students, character training, tradition, facilities, financial need, recreational needs of the present and of the future, abilities of teaching personnel and countless other factors may affect the selection of sports to be established or encouraged. In a given situation, all feasible activities should be examined by the administrator and his selection be influenced by their possible contributions to the physical training program. Application of the above procedure has recently resulted in the widespread introduction of wrestling instruction with military necessity being the criteria exerting the greatest influence.

It is probably safe to say, that because of the war, more young men of college age have received wrestling instruction during the past three years than in any previous decade. With the war over it is possible that college physical training programs, being re-evaluated, may swing from the present emphasis on vigorous sports to something less exacting in physical demands. In some quarters there is a tendency to look upon war-time stress of vigorous combative sports as a matter of transitory national expediency, the desirability of which could vanish with the coming of peace. Anyone interested in the promotion of wrestling should, of course, combat tendencies toward retrogression and make every effort to preserve war-time gains. This cannot be accomplished by sitting idly by and permitting events to gravitate into any convenient pattern. Thoughts and energies must be marshalled and opportunities seized, not only to continue the war-time stress on instruction to the great mass of college men, but also to endeavor to place intercollegiate competitive wrestling back in as good or better position than it enjoyed in 1941. In order to accomplish this it is necessary to convince administrators and the college public that wrestling should occupy as prominent a place in physical training programs in peace as it has in war. Recognition of the values of wrestling as contributing toward the aims of physical training programs is a logical and possibly an effective approach.

Wrestling's contribution to the physical training of men in the armed forces appears to be universally established. We cannot, however, safely assume that because peace has come that this need no longer exists. The probability that other wars may follow is by no means remote. International organizations for the maintenance of peace are not new nor have they a history of complete success. In spite of all their efforts to the contrary, wars follow each other with great regularity with each new conflict more terrible and devastating than its predecessor. The introduction of more deadly weapons or new strategy has at no time in the past brought any assurance of permanent peace. They have supple-

mented but not changed the fundamental character of conflict with its demands for physical strength, combative skill and aggressive psychology.

If wars are inevitable, no matter how much we may deplore their occurrence, we would be foolhardy to relax our vigilance, and then when strife again comes upon us, be unprepared and to again find it necessary to resort to hurried, inefficient and extravagant measures to insure our survival. Surely we each owe service to the nation and the tried and proven values of wrestling in physical training programs can in some measure equip us to render such service effectively when needed.

Turning from the demands dictated by the necessities of potential wars to those more prosaic aims of physical educators in a peaceful world, consider the possibilities wrestling offers for their realization. The development of a rugged vigorous physique, although it may sound old-fashioned to many so-called progressive educators, still remains one of the major aims of the physical educator, if for no other reason than to provide an efficient tool which can be employed in making it possible for the individual to achieve those other desirable outcomes which can accrue from athletic participation. Probably no single sport surpasses wrestling in this phase of physical training. Wrestling's contribution to the development of muscular and organic strength as well as being an unequalled means of defense are alone sufficient to justify its inclusion in all college physical training programs. Many activities offering less, enjoy popular support.

Wrestling's contribution is even greater recreation, the keystone of many modern programs, should not be overlooked. Many think of recreation in terms of participation in sports sufficiently light in character that fair performance is not dependent upon much skill or even very good physical condition. Recreation's span is far greater and extends from decidedly non-athletic activities to the most vigorous type of sport. The character of recreation depends upon the needs, interests and abilities of the individual. It is to be expected that boys and men of high school and college age can receive recreational values from wrestling. They are young, spirits are high, physical energy is boundless and the zest of vigorous sport offers true recreation. Recreational wrestling is not limited to youth. In almost any athletic club or YMCA in the country you will find men well into middle age who wrestle regularly. The only reason wrestling is not more widespread is lack of promotion and inadequate facilities. Continuance of wrestling from boyhood is easily possible and if continuous the physical demands are not sufficient to deter healthy men. More than one grey-haired participant performs with credit in the top competitive brackets. Louis Putrin of the New York Athletic Club and John Eareckson of the Baltimore YMCA are perennial examples of such performance. Dr. Allen Northrup of the San Francisco Olympic Club has won three consecutive National AAU titles in his late thirties. Philajamaki, the Finn, won the 134 pound Olympic title at Berlin in his early forties. Although past the age when desire to win dominates, these men, for the most part, wrestle almost daily to satisfy their recreational interests. Wrestling can be recreational, not only for college youth but for the subsequent twenty years. Wrestling can aid in fulfilling the aim of satisfying present and providing preparation for future recreational needs.

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If we believe that a college education should endeavor to make the most of an individual's potentialities by the development of desirable personal traits, wrestling, in common with other highly competitive sports may make important contributions. What are the qualities which make a successful wrestler? Self-reliance, tenacity, aggressiveness, poise and ability to think and plan under physical stress. If not present in the beginner, they soon develop under the stress of competition. Sportsmanship, the most desirable of all traits, finds no better medium for its development than college wrestling. The almost complete absence of unsportsmanlike conduct by college wrestlers is well nigh perfect testimonial to its effectiveness. Competitive situations are such that the poor sportsman does not survive the test.

In so far as these personal traits which are adjudged desirable are developed by athletics and can be depended upon to form the personality of the individual, wrestling must be considered to be one of the keenest tools of the physical educator.

Wrestling is unique in one respect. Few college men need be denied the opportunities offered. Only the diseased or certain handicapped individuals should be cautioned against participation. Weight classes prevent a monopoly of wrestling by the larger men. A proficient performer weighing 120 pounds can enjoy it just as much, can profit as much and be just as valuable to his team as is the heavyweight, an opportunity denied him in most of our most popular sports. Not all physical handicaps prohibit participation. Many men with poor eyesight or even the totally blind find wrestling the sole outlet for their athletic interest. Because they are able to compete on even terms with normal men, wrestling can be an invaluable tool for the rehabilitation of the totally blind.

With all of these characteristics, many of which are not shared with other sports, we have no excuse for not urging the inclusion of wrestling in the physical training programs of high schools and colleges. It is the responsibility of all of us who are aware of this enviable position of wrestling to acquaint directors with its possibilities. We cannot expect the directors of college physical training programs to physically educate and train their students if they are unaware and are not provided with one of the best means for the achievement of their aims.

Wrestling vs Boxing as Effective Self Defense

By WESLEY BROWN, Jr.

Coach, Northwestern University, Evanston, Ill.

Wrestling versus boxing as effective self-defense, is a highly controversial subject and one about which many things have and can be said. Proponents will point out the relative merits of each style generally from a biased point of view, which is natural under the circumstances. Both boxing and wrestling enthusiasts can cite example upon example where their particular style of combat won out. On the whole, however, these are infrequent and isolated cases from which no definite conclusions can be reached.

Many experiments have been tried down through the years yet still remains unsettled, the conclusions the experiments were expected to reach. A boxer trained in his art has some definite advantages, but so does a wrestler or the proponent of any particular combative style.

Necessarily, in order to give full consideration to wrestling and boxing as self-defense, we cannot interpret these forms of combat shall take place in a wrestling or boxing ring. Our consideration will determine their relative merits in the walks of every day life where the need for self-defense arises when one least suspects that he may have to defend himself. We cannot consider therefore, the boxer to have his hands taped or gloved, for boxing's values as self-defense which are likely to arise would preclude the use of this precaution.

A man well versed in a combination of all the tactics of various forms of combat would, without question, be a most versatile foe. Using hand to hand combat, disregarding all the rules of fair play, he could without much effort subjugate the best wrestler or boxer. We shall deal in this article with the relative merits of a man well versed in wrestling versus a man equally well trained in boxing and what the chances of each are in self-defense.

Let us say a boxer unhampered by gloves is matched against a wrestler. To begin, how are we to judge the merits of each one against the other. The boxer's objective is to knock out his opponent, a wrestler's to pin his opponent's shoulders to the mat. Yet, some consideration must be given to non-knockout blows landed by the boxer and the holds applied by a wrestler.

At the outset in such a bout, the boxer does have a momentary advantage for he is free to strike his opponent, the wrestler on the other hand must clinch with his man or otherwise grasp him before he can institute his science. When the wrestler can by a close guard prevent the boxer from striking a knockout blow, clinches with him, the boxer's advantage quickly vanishes and the bout is practically over. Thus, the boxer's only salvation often lies in striking a quick knockout blow which is not as easily accomplished as one is often led to suppose. It need only be pointed out that many boxing bouts extend over the limit of allowable rounds, neither fighter striking a knockout blow.

The same situation applies when a boxer must use his art in every

day life as a means of self-defense. When an opponent chooses to box, his chances of winning are 50-50. Suppose an opponent does not choose to box, but decides in his own best interests to wrestle, grapple, alley fight or use a style where anything goes. The boxer quickly finds himself at a disadvantage if his first blows fail to score a knockout or knock-down. The boxer's arms are tied up, he cannot strike, he is thrown to the ground and himself struck, kicked, kneed and possibly bitten. Shortly he is in a helpless condition having been, severely beaten over his entire body. A supine or prone boxer finds his art which may have taken months or years to learn of no avail. Is a boxer always prepared for a blow below the belt; for a kick to the groin or shins; or when knocked down, a kick or knee to the ribs, face or back; or for blows when his back is turned? Rightly we can say "no," primarily because this is not his style. Because of these things boxing can rightly be called a poor method of self-defense.

Although a wrestler may not expect all the aforementioned attacks of an assailant, he is more qualified and able to deal aptly with them. He will grapple with his opponent and be able to apply the knowledge he has gained, even though he has fallen or has been thrown to the ground. Once on the ground, his opponent atop or underneath, the wrestler is really only beginning. Leverage holds can be applied, illegal wrestling holds which any wrestler knows from experience will break or otherwise maim an opponent's arms, legs, or other vulnerable areas. A wrestler has the innate ability to ward off many of the alley fighting, rough and tumble tactics of his opponent by applying maneuvers of his own choosing.

When an opponent chooses to box or spar, the wrestler clinches, warding off blows to vital areas more easily than a boxer because he doesn't leave openings by striking back. Once the clinch is achieved, the tactics remaining come easy and an assailant generally is shortly subdued or otherwise incapacitated.

The author in no way herein wishes to deemphasize the value or discourage an athlete from participating in the sport of boxing, nor detract from its place in the training of boys and young men to become better citizens. Boxing has many merits as a sport and every young man should know something of this art of defense. It would be unfair, however, if it were not pointed out that of all sports, and all sports have taken proper precautions and passed rules to eliminate injury, boxing is the only sport, the primary purpose and function of which is to hurt or knock out an opponent. In the final analysis, for a person to place all his faith in boxing alone as a means of self-defense under a host of varying circumstances is foolhardy.

Wrestling as self-defense can easily incorporate a variety of maneuvers, better fitted for combat. All of us know when it becomes necessary to defend ourselves, especially to prevent bodily harm or death, the conflict will entail much more activity than the striking of blows with the fists. To be able to wrestle one's opponent, tie him up on the ground will go far to prevent further damage to one's self. Rendering a man unconscious with one of many wrestling holds is surer and much simpler than trying to strike a bobbing, weaving person in a vital knockout area. There are wrestling holds once applied which incapacitate an opponent or leave him unconscious in a matter of seconds.

The bare fist was never made to strike with, otherwise nature would have provided us with a padding over the knuckles as she did on the palm and the edge of the hand. Many boxers, and others, have experienced the realism of pain from broken knuckles and bones of the hand when the fist struck a bony portion of an opponent's anatomy. It bespeaks of the fact and net result that one partly or wholly incapacitates himself for further struggle. Whereas if the foe was grasped firmly in one of many fundamental and well-based wrestling holds, the result would have been quite different with less or no injury to one's self.

Several years ago at the University of Illinois, the relative merits of both forms of combat were vigorously argued, and as a result H. E. Kenney, wrestling and boxing coach at the University, conducted an interesting experiment. Bouts were arranged in eight weight classes, the young men participating were each outstanding in their respective weight classes. In this experiment the boxers wore gloves. The rules were as follows: When a boxer struck a well-placed blow to any vital area and it did not have to result in a knock down or knockout, the bout was declared won by the boxer, if in the judges' opinions it was a good blow. When a wrestler grasped his opponent and threw him to the mat, but no fall resulting, the bout was declared won by the wrestler, if in the opinion of the judges the hold used was a good legitimate wrestling hold.

In the eight mixed bouts only one boxer succeeded in landing a well-placed blow. The final score, wrestlers 7, boxers 1. This experiment proved to those who "saw" the relative merits of each, but to others the controversy still ranges from one end of the country to the other.

Naturally, wrestling and boxing are two utterly different and distinct forms of combat. To put one against the other in the ring many would say was unfair. It is the author's purpose to show which type of combat would afford an individual the greatest protection as self-defense in a given critical situation. One cannot detract from the value of a quick blow of the fist to the "button" or solar plexis, which, if properly and exactly struck would eliminate an opponent immediately.

We must consider, not one, but all the factors which evolve from a struggle demanding fullest self-defense. All of us have probably witnessed many forms of fighting outside the ring. Even in cases where individuals fought with bare fist, the battle shortly turned into a wrestling match, very amateurish, but wrestling nevertheless. Why? Because boxing is limited in its scope to do harm to an opponent, whereas the close contact of wrestling offers a vast variety of maneuvering and a definite chance to do greater injury to, and overpower an assailant.

The techniques of wrestling teach a man to expect the "unexpected," to be on the alert, and it will certainly add to his pose and ability in self-defense. Wrestling greatly increases a man's proficiency in his own natural ability and thus he is better able to protect himself against the tactics of an assailant, because he knows what the assailant might attempt to do.

Authorities have agreed, of three forms of self-defense combat studied and analyzed—boxing, wrestling and rough and tumble (alley fighting)—the boxer is the least capable of defending himself properly. Because wrestling makes application of many self-defense principles, it provides

for a much greater chance of survival. Rough and tumble, because of its incorporation of everything violent, despicable and illegal, provides the best. A well-balanced knowledge of hand-to-hand combat tactics used in self-defense, which incorporates many of the basic fundamentals of wrestling, would be the ideal of all self-protection tactics.



COWPOKES PRACTICE MAUL: Oklahoma's A&M's George Walker, NCAA runner-up at 165 pounds, shows his hip block action hold in practice with teammate Gordon Fleischer as the guinea pig.

Wrestling vs Boxing

By B. R. PATTERSON

Editor, Official Wrestling Guide

In commenting on Brown's article on Wrestling vs. Boxing, there has been more talk than action as to which would determine the superiority of a wrestler over a boxer. Why don't we settle this argument by staging more contests? It has been my experience in matching a boxer against a wrestler of the same weight that the wrestler always wins. The boxer was permitted to hit at any time, standing or down, or defend himself within the rules of boxing and wrestling. We have permitted our wrestlers to use only National Collegiate Rules against the boxers—thus eliminating danger to the boxers.



B. R. Patterson

In all of the bouts which we have had at Kansas State College, only one boxer has won, and he was Captain of my wrestling team. Another instance, we took two wrestlers to Fort Riley to meet two boxers of the 9th Armored Division in a contest of wrestler vs. boxer. One of the boxers was a leading professional from Chicago, the other was a good middleweight. The weights of the contestants were approximately the same.

The wrestlers beat the boxers three times apiece. They were never hit except on their back or shoulders. None of the contests were over three or four minutes in duration. The boxers were convinced after the first contest, although some of the spectators were not until we staged six contests. In addition, the same two wrestlers met two Judo experts and beat them in four contests, leaving no doubt as to the superiority of wrestling over judo. Some people are going to differ with me. Let those who disagree stage a contest and see for themselves.

The only chance a boxer has of winning is while he is on his feet and able to deliver a knock-out punch, but in a fight for life I would unhesitatingly choose the wrestler, for no boxer can deliver a KO while on his back or stomach. This is not only true now, but in the ancient Olympic games the Greeks had a sport called Pancratium which was a mixture of boxing and wrestling and even then the wrestler held the advantage.

Water Wrestling

By CHARLES McCAFFREE, Jr.

Editor, Official Swimming Guide

Water wrestling from the standpoint of the wrestler may be characterized as employing all of the legal and illegal holds and breaks of intercollegiate wrestling and hand-to-hand combat. It has three characteristics which are not found in regular wrestling: most of the breaks, defensive and offensive techniques, are performed in the vertical position; the leverage enjoyed by the mat is not present, the only substitute for this leverage being obtained by placing foot, knee or other leverage points on the opponent's body as the hold is applied; the body is usually submerged and demands breath control and closing the nostrils and mouth while applying holds and making breaks.

If played for keeps, water wrestling is mayhem, or even murder. There is no place a man is more uncomfortable and helpless than in the water unless he has mastered the fundamentals of watermanship and swimming. A strong, well-conditioned wrestler is at such a disadvantage in the water, unless he is skilled in water work, that it is really tragic that our boys are not taught watermanship and swimming at an early age. A man on the mat may suffer defeat or broken limbs, but in the water, he may lose his life. Water wrestling is the most advanced stage of training in the water beyond watermanship, swimming and diving, life saving and water safety.

The unconventional, the unorthodox, the unexpected may happen to a man in the water, as his opponent is not governed by rules, but by that driving force to survive at all cost. A man about to drown does not consider his opponent in a rational way, but grabs hold and does everything within his power to keep himself afloat at the expense of his would-be rescuer or anyone else at hand. Each and every man should be schooled in watermanship, swimming and diving, life saving, and water safety to be capable of warding off an opponent and taking care of himself in the water. Equipped with this knowledge and ability, water wrestling becomes second nature to him and except for the advanced defensive and offensive skills, he will most likely be capable of countering almost any hold put on him. The same satisfaction of out-maneuvering a man and pinning him is enjoyed in this water activity. In time of war the key word in the water is *survival—Take Care of Yourself First* and then, if you have the ability, save your adversary.

The whole water world has been schooled for years in life saving and water safety skills and it seems unjust now to throw overboard all of those techniques if in conjunction with survival they can be mastered. A two-fold purpose is our teaching goal: break free yourself from any water hold, and then, if possible and if you are capable, save your opponent.

The field of water wrestling combines the techniques of water safety, life saving, judo and hand-to-hand combat. All of the techniques should be carefully taught and skillfully applied in practice to avoid injury. The novice should not attempt to use these techniques before he has acquired

a measure of all around watermanship and swimming ability, otherwise a tenseness of the muscles and mental fear is called forth, which is sometimes hard to overcome.

In this brief article the defensive techniques will receive the major emphasis. A list of the fundamentals or cautions involved will be most helpful. Listed below are the main points we teach in water wrestling:

1. Keep your weight and especially your head above that of your opponent.
2. Breathe deeply, naturally, as fully and frequently as possible.
3. Keep your body relaxed, both mentally and physically.
4. Shove, push, thrust, kick your opponent off balance, keep him underwater as much as possible.
5. If grasped in a death grip, relax, do not use up your energy, SINK, THINK, ACT.
6. Keep your chin in close to your chest to avoid strangle holds.
7. Go behind and ride. The safest place is on his back.
8. Maintain a horizontal position as much as possible.
9. Control your opponent's head, keep it down, keep him off balance.
10. In case of a death grip, strike a blow to the most vulnerable spot.
11. Make your movements quick and sure.
12. Keep your opponent away and out of position to apply a hold.
13. Keep pressure in nostrils and mouth closed under water.
14. The rougher your opponent becomes, the rougher you must be to counter successfully.

The different defensive techniques for convenience and brevity may be summarized in four units. (Simple instructions, stated clearly and emphasized, should be used.)

Unit I—Blocks, Kick Away, Parries, Pivots.

1. Block—Opponent swims, or is washed into you unexpectedly.

A stiff arm is used. This is accomplished by a jab with the heel of the hand to the head, under nose, under chin, or to chest, holding arm stiff and opponent at arms length. To counter, parry opponent by swinging free arm up sharply using V of hand, the space between the thumb and first finger, striking opponent's arm above the elbow, turning him around, and going behind. Alternate for life saving. Use the hammer lock, level up with chin pull, cupping palm of hand in opponent's chin, forearm close to neck, press down on elbow, pull up on chin, go into cross body lock up with arms or a waist lock with arm in it. This is used for control and to rescue struggling victim.

2. Shoulder Block—Opponent swims or is washed into you.

Maintain a horizontal position, block him with your shoulder to his shoulder or head, kicking vigorously and going by. To counter, fall back, roll under, turn and go behind. Follow alternate for life saving as in 1.

3. Kick Away—Opponent swims or is washed into you.

Kick opponent away with thrust of foot to head chest or shoulder. If anticipated, body should be in back horizontal position. If in vertical position, raise knee and kick away in same manner as above. To counter, follow 2.

4. Block and Parry—Opponent swims into you, or is washed toward you unexpectedly.

Same as 1 with counter parry.

5. Pivot Parry—Opponent swims into you reaching to grab your head or shoulders. Duck, parry as in 1 and go behind following alternate for life saving.

6. Duck and Pivot—Opponent swims into you and reaches for head or shoulders.

Duck head, grab body at hips, pivot him around, come up behind retaining contact with hands or ribs. Use alternate for life saving as in 1.

Unit II—Single, Both and Double Wrist Holds.

7. Single Wrist Hold—Opponent grabs your wrist.

Break against thumb either up or down, kick away and swim to safety. Alternate for life saving. Use free arm, cross over and shake hands with opponent's opposite wrist, break against thumb, retain hold with free arm, go into hammer lock, press up on hammer lock, use chin pull, go into cross body lock up with arm, drag opponent to safety.

8. Both Wrist Hold—Opponent grabs both of your wrists.

Break as in 7, kick away and swim. Alternate for life saving. Break one wrist and follow alternate as in 7.

9. Double Wrist Hold—Opponent grabs one wrist with both hands.

Use free arm, reach over between opponent's arms, either up or down, grab your own hand locking fingers together, break with reinforcement against thumbs. Kick away and swim. Alternate for life saving. Use free arm, reach over, shake hands with opponent's opposite wrist, use leverage of body to push him under or, if too heavy, sink, pull him under and you will come up, use the same leg on same side as free arm, place foot in crook of opponent's arm parallel to you, slip foot up to shoulder, thrust with leg straightening it out and pull with free arm on opposite wrist, swim, twist wrist palm up, use chin pull, go into cross body lock up with arm for control.

Unit III—Front Double Strangle Hold, Same with Body Scissors, Front Bear Hug

10. Front Double Strangle Hold—Opponent grabs you in double strangle around neck.

Jab, thrust, or poke heel of hand under nose, to chin. Lock fingers together, place palms of hands on opponent's face, press backward forcing opponent's face underwater. Knee to crotch or possible edge of hand blow to throat. Kick away and swim. Alternate for life saving. Place heel of hands on hip bones, duck chin, push opponent away, turn him over, come up behind, retain contact, follow procedure as in counter for 1.

11. Front Double Strangle Hold with Body Scissors—Opponent grabs you with double strangle around neck and has body scissors added.

Break as in 10. A short forcible blow to pit of stomach may be added if necessary. Knee to crotch very effective. Jab thumbs in arm pits, short ribs, just under ear lobes, or jugular vein. Follow alternate as in 1.

12. Front Body Lock Up with Arms and Body Scissors—Opponent has front body lock up and body scissors added.



Break as in 10 and 11 and follow up with alternate for life saving as in 1.

13. Front Bear Hug—Opponent grabs you, pinning arms to sides.

Break by raising elbows, knee or hand to crotch, kick away and swim. Alternate for life saving. Break as above, grab opponent, pivot him, come up behind, retain contact, follow as in 1.

Unit IV—Back Double Strangle Hold, Same with Body Scissors, Japanese Strangle with Body Scissors, Half and Full Nelson Holds.

14. Back Double Strangle Hold—Opponent grabs you in double strangle around neck.

Most effective of all difficult vicious holds is blow of distraction to crotch or groin. Break top arm, straighten it out perpendicular to your body, hunch shoulders, press down on forearm, bring opponent over your shoulder. Use flying mare, reach back interlacing fingers behind his neck, hunch shoulders, bring him over your shoulder. Lean back, kick away and swim. Alternate for life saving. Grab lower arm, twist wrist in, retaining hold on wrist as you would shake hands with that wrist, place free hand on elbow, keep arm bent, press down on wrist and up on elbow, spin under opponent's arm into hammer lock, press up on hammer lock, follow procedure as in 1.

15. Back Double Strangle Hold with Body Scissors.

Break as in 14. Single or double toe hold added. Follow alternate as in 14.

16. Japanese Strangle Hold—Vicious strangle with excellent leverage of arm.

Break as in 14. Blow to crotch effective.

17. Japanese Strangle Hold with Body Scissors—Vicious strangle, death grip.

Break as in 14. Single or double toe hold added. Use blow to crotch, or possibly elbows to pit of stomach. If this hold is used with stretcher, it is very vicious. Follow alternate as in 14.

18. Full Nelson—Opponent uses full nelson forcing your head underwater.

To break, heave both arms down sharply, heave body or switch behind for control. Blow to crotch as optional start may be used. Follow alternate as in 14.

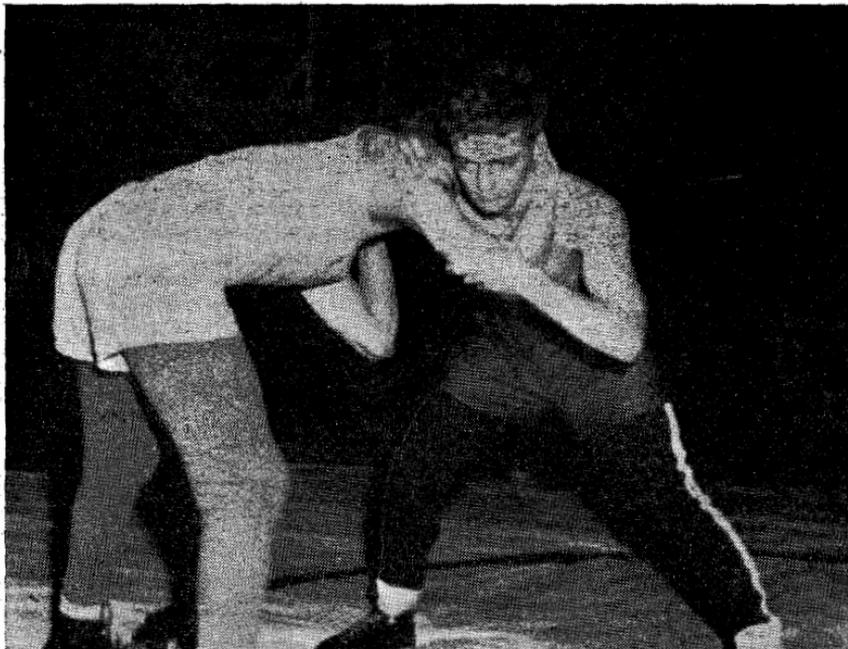
19. Half Nelson and Hammer Lock—Opponent uses half nelson to keep head under and hammer lock for control.

To break, turn body into half nelson, push, jab heel of hand into face and go behind. Follow alternate as in 10.

These comprise, for the most part, the simpler and more vicious techniques used in water wrestling. It is foolish to permit an opponent to get a death grip on you if it is humanly possible to avoid. In case a death grip is applied, the old adage SINK, THINK, ACT is good, as he is trying to avoid going underwater and will likely release and allow you to swim away. Many of the more dangerous holds, if applied by a stronger man who out-weighs you fifty pounds, are very difficult to break. An experienced waterman may be able to overcome this disadvantage by sensing what his opponent is about to do and counter in such a way as to break without injury to himself. The water work sometimes becomes quite vicious and an ability to relax underwater is very important.

The best way we have of teaching these water wrestling skills is in rough house games of water polo played across the pool in deep water. We use 10 foot goals, a goal is scored by touch the ball between the markers, the ball may be advanced by any means and only three rules govern the competition. First, a man must stay in the water. Second, he can not hold an opponent underwater more than five minutes. Third, he can not break an opponent's arm below the elbow. The game proved very interesting and spirited in our army program, which has been activated for 17 months. A total of better than 7,000 men have been taught swimming and watermanship in this program and they all have enthusiastically played water polo with a gusto, zeal and, at times, a vicious spirit.

The more vicious water wrestling and actual water difficulties become, the tougher you must be to come out the winner. This article has given a rough coverage of the field of activity. The main point to be made is that a wrestler may be skilled in wrestling, judo, and hand-to-hand combat, but if he does not have a complete knowledge and adequate ability in the water, his chance to survive is rather slim.

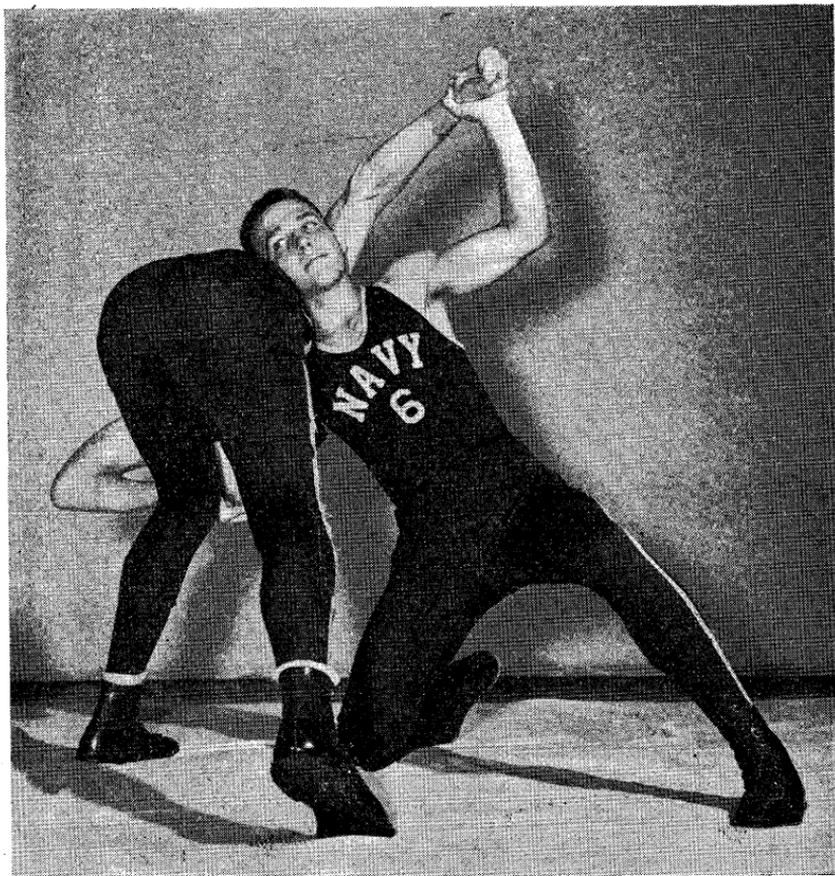


PRIVATE WHIPS THE LIEUTENANT: Pfc. Jim Beers, USAF, the envy of all GI's, punishes Lt. Jack Cadmus, USFET, before slamming a vicious body chancery and half nelson to win the ETO 134-lb. title.

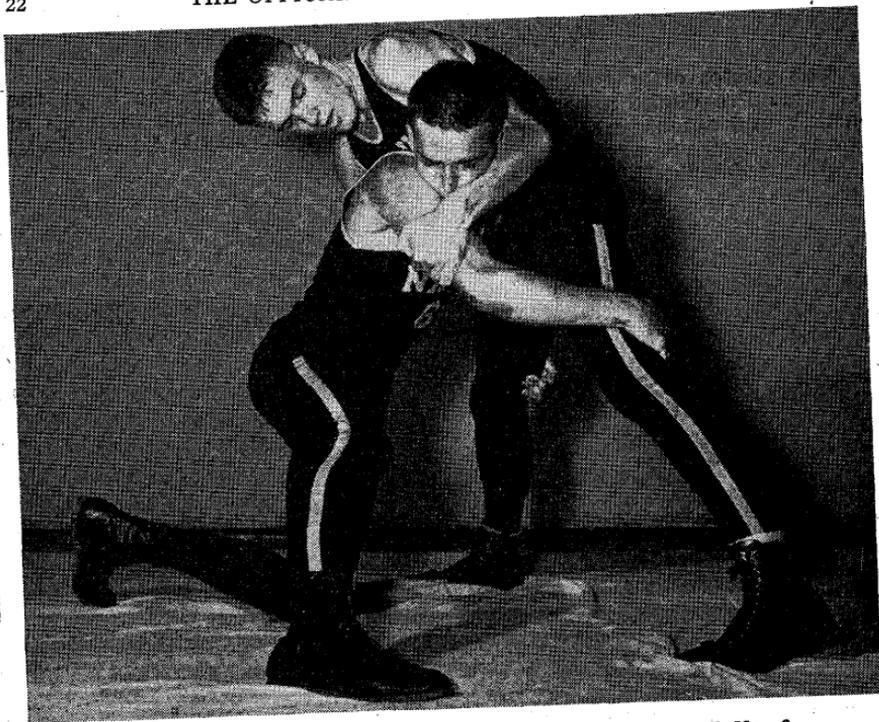
Wrestling Holds

The photographs on these two pages were posed by cadets at the Georgia Pre-Flight School and demonstrate certain basic methods of attack and defense which are always good. They should be of special value to beginner wrestlers.

All are Official U. S. Navy Photographs.



The beginning of a clever take-down by No. 6.



Effective block for double leg-pick-up by opponent of No. 6.



Back-arm lever and side-shift escape from referee's defensive position on mat.

Medical Suggestions

By JOHN A. ROCKWELL, M.D.

Chairman, General Research Committee, NCAA Rules Committee

THE ATHLETIC PROGRAMS in our colleges today are the culmination of evolutionary steps through years of transition from the individual effort to the group or team competition. They may be intramural or intercollegiate in nature.

Our present aim is to foster such healthy and manly contests and to offer every advantage to the participant for his enjoyment of the game, as well as for improving his physical and moral upbuilding.

In wrestling we meet with unusual demands which call for strength, intelligence, courage and fine sportsmanship. The National Collegiate Wrestling Rules Committee feels that the present rules offer the greatest opportunity possible for the individual's benefit, without deleting too severely that which is of interest to the sport-loving public.

The wrestling game is a rugged sport and quite innocently and unintentionally injuries to bones, muscles, ligaments, fingers, ears and skin may result during practice or championship bouts, notwithstanding the present regulation of the sport.

It therefore becomes the imperative and absolute duty of the coach and captain to protect their squad from any or all of these possible emergencies. The preventive measure of keeping clean the equipment, as well as the bodies and garments of contestants, is essential. Injuries should be anticipated when possible, and no candidate should be allowed to compete if structural damage is even suspected. Medical advice should be sought early in these cases.

The following two articles on impetigo and the ears are detailed as guides to those in charge of candidates who may require special attention. The Rules Committee felt that this simple procedure might be of assistance to coaches and physicians in meeting any such complications.

Impetigo *"Impetigo contagiosa is a contagious disease of the skin, characterized by vesicles, pustules and superficial crusts, usually occurring on exposed portions—the ears, neck, face and hands—devoid of subjective sensations, and terminating without sequels."* (TILBURY FOX.)

This disease is a pus infection. Abrasion of the skin surface from any cause is the entering wedge of this most contagious of the commoner skin diseases. The infection may be streptococci, staphylococci or combined. A large number of observers have examined the lesions bacteriologically and find the majority are of staphylococci origin.

The discreet, vesicular, pustular and crusted lesions of impetigo are readily distinguished from pustular eczema by the presence in the latter of infiltration, weeping, *itching*, and the occurrence of *large* patches.

In impetigo proper the *early* lesion is a flat and erythematous (red-dened) spot, which soon changes to a blister. This blister rapidly changes to a pustule which subsequently dries, forming a superficial crust.

These crusts are gummy-like, yellowish, very superficial, and appear as if stuck to the skin. They extend beyond the margin of the original area with their edges somewhat freed at the border. This crust is easily removed and the underlying skin area, which is of superficial nature, with its distinct marginal outline, presents a weeping surface which, in turn, dries and is the base of another crust formation. These areas vary in size from a pin head to that of a dime, or even larger.

Because of the non-irritating nature of this disease, it is frequently disregarded and considered merely as a so-called fever blister. Before the individual is aware of the true nature of his skin's condition, he may have transmitted the infection to others. It therefore becomes the duty of any coach, manager or captain of a group of athletes, to note carefully any skin affliction appearing in his squad.

Treatment: Absolute cleanliness precludes any chance of contagion. The preventive side, therefore, constitutes the initial treatment. Wrestling covers, clothing and the individual contestant should all come under the observation and general inspection of the authorities in charge of the health program. Through carelessness, neglect and unintentional disregard of a skin lesion by the individual, whole squads have been known to become the victims of impetigo, with the resulting cancellation of intercollegiate contests.

The scales, or crusts, should be carefully removed and burned or otherwise destroyed. The underlying reddened moist surface is then firmly wiped with cotton or gauze saturated with any antiseptic lotion (bichloride solution, 1:2000; saturated boric acid solution, a permanganate of potassium solution; hexylresorcinol, 1:1000; metaphen, 1:2000, etc.). When the areas have been thoroughly washed, using firm pressure on the cotton applicator, the surfaces should be anointed with some mercurial ointment. Ammoniated mercury ointment, 4 to 10 per cent, is the standard application. The procedure should be repeated once or twice daily until all signs of crusting and oozing of the various areas have subsided.

Athletes inflicted with impetigo should not compete in contact sports while under treatment. There is no objection to the individuals exercising in the open air for conditioning purposes. Their linen and towels, brushes, combs and other toilet articles should be either destroyed or thoroughly soaked in any of the numerous antiseptic solutions and placed in the sunlight for drying.

Note: Whereas persistent, careful and thorough treatment of impetigo is essential, it is quite possible to apply an aggressiveness of treatment over and above the required measures necessary and create an irritation of the skin, resulting in an eczema, or some other complication.

Whereas, in adults, impetigo is a purely local condition causing no constitutional symptoms, the general laws governing hygienic living should be rigorously adhered to, such as adequate nourishment, taking freely of fluids, good elimination, systematic exercise and regular hours of sleep.

* * *

By DONALD B. SINCLAIR, M.D.

Care of the Ears

THE EXTERNAL EAR is, to all practical purposes, a sandwich, with a single layer of cartilage between two layers of skin. These layers of skin are not very tightly attached to the cartilage, and any hard rubbing or rolling motion separates the skin from the cartilage, much as the skin of a peach can be rubbed off the fruit. The bleeding caused by this separation, though not visible on the surface, makes a pool of varying size between the skin and cartilage, and, if not properly and promptly treated, the blood first clots and then changes into definite solid tissue, making that part of the ear hard and thick—the familiar cauliflower ear.

The treatment of this condition divides itself naturally into two classes—prevention and cure. In the realm of prevention, there are several designs of helmets which can be used in practice, to avoid the development of a large number of injured ears.

After the first injury, however, when the hematoma, or blood clot, has been formed, the need for cure appears, and it is here that most of the bad results that one sees have their start. The ideal treatment of the condition, from this point on, consists of two parts: (1) relief of the swelling already formed, and (2) avoidance of further injury, until the affected part has had a chance to return to normal. The swelling can best be relieved by the immediate removal of the blood under the skin. This is most satisfactorily accomplished by aspiration of the fluid blood with an ordinary hypodermic needle and syringe; but this *must* be done under strict aseptic precautions, and by a properly qualified doctor, for the danger of infection in freshly damaged tissue is very great. A pressure dressing is then applied, to prevent further seepage of blood or serum between the skin and cartilage. This dressing may be of a number of types: pads of gauze, held in place with tight adhesive strips, with or without the addition of sponge rubber pads for additional pressure; or a pad of cotton and collodion, applied to the whole ear, from the middle out to the surface, in thin layers laid on successively, each layer being allowed to harden before the next is applied. The latter type is probably more comfortable than the dressing of gauze with tight pressure, but in severe cases the heavier pressure may be found necessary, at least for a time. In mild cases this treatment alone—aspiration plus the collodion dressing—may be sufficient. In severe cases it may be necessary to have the ear aspirated a number of times, to get rid of the serum that will collect, even after all active bleeding has ceased; the pressure bandage being replaced immediately after each aspiration.

In the meantime, until the ear has returned to normal, and all tendency to fill up again has disappeared, the wrestler must not risk any further injury, either refraining from wrestling altogether, or doing so only with adequate protection in the form of a headguard.

An ear which has already reached the typical cauliflower stage—hard, deformed and hideous—can be repaired and brought back nearly, if not quite, to normal contours, through the services of a capable and experienced plastic surgeon.

Weight Loss and Wrestling

By W. W. TUTTLE, Ph.D.

Professor of Physiology, University of Iowa

THE PRACTICE of voluntary weight loss by dehydration, and the withholding of food so as to make the weight fall in the desired class, raises the question as to the effect of this procedure on performance. In order to throw some light on this question, a laboratory experiment involving weight loss and its effect on the responses which seem important in wrestling was carried out.

The Responses Investigated. In selecting responses to be investigated two points were kept in mind, that is, are the responses important in wrestling, and can they be accurately measured by laboratory methods, so as to show any effects which weight loss might have on them? The responses selected were as follows:

1. Neuro-muscular system
 - a. Strength
 - b. Steadiness of movement
 - c. Accuracy of movement
 - d. Reaction time
2. Cardio-vascular system
 - a. Systolic blood pressure
 - b. Diastolic blood pressure
 - c. Resting heart rate
 - d. Heart rate after exercise
 - e. Recovery time after exercise
 - f. The electrocardiogram
3. Respiratory system
 - a. Breath holding, expiration
 - b. Breath holding, inspiration
 - c. Vital capacity
 - d. Resting tidal air
 - e. Respiratory rate
4. Oxygen requirements
 - a. Resting oxygen
 - b. Oxygen debt
 - c. Recovery time

The Experimental Procedure. Thirteen wrestlers were selected as subjects. However, for various reasons only six completed the entire experiment. The size of the subjects is shown in Table 1. In order to get figures which were representative of what one might expect from the group, each subject came to the laboratory on five different occasions over a period of a month and the responses previously listed were measured. After this part of the experiment was completed, each subject submitted to the weight loss procedures, and returned to the laboratory immediately for a sixth repetition of the measurements. By comparing the responses of the wrestler before voluntary weight loss with those after, a means was available for determining any change in responses due to the voluntary weight loss.

Weight Loss. The weight loss part of the problem was supervised by H. M. Howard, Varsity Wrestling Coach at the University of Iowa. His were the orthodox procedures practiced by wrestling coaches generally. Briefly it consisted of the withholding of food and water for a time previous to the last measurement. In addition, the wrestlers worked on the mat and finally sat in the sweat box, alternating with towels and a heat lamp.

It was our intention that each wrestler should lose 5 per cent of his body weight. The exact weight loss and per cent of body weight lost is shown in Table 1. The weight losses attained varied from six to ten pounds, which represented from 3.6 to 4.9 per cent of the body weight.

Although there was some fluctuation in body weight from day to day before the voluntary weight loss, it was never more than two pounds.

The results of the experiment are discussed by items under each system investigated.

THE NEUROMUSCULAR SYSTEM

The Strength Index. The strength index was determined by taking the sum in pounds of the right grip, left grip, chest pull, chest push, back strength and leg strength. The strengths were measured by standard dynamometers. Each subject had three trials each time he came to the laboratory, the largest reading being recorded as the strength. The data show that the strength index is not altered by the weight loss.

Accuracy of Movement. Accuracy of movement was measured by having the subject move a stylus between two brass plates which gradually converged so that at the apex the stylus could barely pass between them. The brass plates were set on a piece of glass which served as the runway for the stylus. The brass plates and stylus were in series with a battery and buzzer. When either plate was touched by the stylus the buzzer sounded thus indicating the distance that the stylus had been moved successfully. The data indicate that the weight loss has no detrimental effect on accuracy of movement.

Steadiness of Movement. Steadiness of movement was measured by having the wrestler pierce holes of gradually decreasing diameters. The holes were numbered, beginning with the largest (1, 2, 3, etc.). The smallest hole that the individual was able to pierce with a stylus, without touching the sides was recorded as the score. The plate containing the holes, and the stylus were in series with a battery and buzzer. An unsuccessful performance was indicated by the buzzer.

Each time the subject came to the laboratory he performed fifty trials. The data show that in five cases, the steadiness score after the weight loss falls in the range before the weight loss. In one case the "after" score mean is better than the mean range. The data justify the conclusion that the weight loss had no appreciable influence on the steadiness of movement.

Reaction Time. In this experiment, the time required for the wrestler to respond to a stimulus was measured. At the flash of a light the subject pressed a key as soon as possible. The time elapsing between the stimulus and the response was measured by a Dunlap chronoscope. The reaction time was measured in milliseconds.

Each time the wrestler came to the laboratory 100 reaction-time readings were taken. The data show that in three cases the means after weight loss fall in the range before weight loss. In two cases the mean reaction time is slower after weight loss and in one case it is faster. Although the data are inconsistent, in four cases, losing weight did not slow the reaction time.

THE CARDIO-VASCULAR SYSTEM

Systolic Blood Pressure. Resting systolic blood pressure was recorded according to clinical procedure. The data show that in four cases after weight loss, the mean systolic blood pressure falls within the range recorded before weight loss. In two cases, it is two mm. Hg. lower than the lowest reading before weight loss. The weight loss had no appreciable effect on systolic blood pressure.

Diastolic Blood Pressure. Diastolic blood pressure was recorded at the same time systolic blood pressure was taken. In five cases the diastolic blood pressure after the weight loss falls within the range of readings taken before the weight was lost. In one case it is slightly higher. Obviously, weight loss had no appreciable effect on diastolic blood pressure.

Resting Heart Rate. In three cases the resting heart rate after the weight loss falls within the range of the five counts before. The three remaining cases had a slightly higher resting rate than any reading taken before the weight loss. When compared with the means before, the heart rate after the weight loss has a tendency to be higher in every case.

Heart Rate After Exercise. The exercise employed was stepping, a stool 13 in. high at the rate of thirty-five times per minute for one minute. The heart rate after exercise as recorded here was found by counting the pulse for one-half minute immediately after the exercise, and doubling this rate. Therefore, the rates were recorded per minute. The data show that the heart rate after exercise performed after weight loss falls within the range of the rates before the weight was lost. It is concluded that the loss of weight did not affect the heart rate after exercise.

Recovery Time. The recovery time is expressed as the number of seconds required for the heart to reach its resting level, after the performance of thirty-five stool steps for one minute. The rate was counted for consecutive 30-second intervals immediately after exercise. The recovery time represents the number of seconds from the beginning of the count up to, and including the 30-second interval, when it reached the resting level. In all cases except one, the recovery time after weight loss fell within the range of that before weight loss. Subject 2 required 330 seconds to recover after exercise, after losing weight. We offer no explanation for this exceptional result. With the exception of subject 2, the loss of weight caused no deviation from normal recovery.

Electrocardiogram. Electrocardiograms were made for each subject both before and after weight loss. They were all normal in both series. One case had premature beats before the weight loss, but these were not present afterwards.

THE RESPIRATORY SYSTEM

Breath Holding in Expiration. After normal respiration the breath was held in expiration. The procedure was to have the subject hold a stopwatch, face in the palm of the hand so that he could not see it. When the subject was ready, he started the watch at the end of normal expiration. When he had held his breath as long as possible, he stopped the watch. Each wrestler was given three trials at each experimental period. The longest breath holding time was recorded as the score.

In all cases except one the breath holding ability of the subjects after the weight loss fell within the range of performance before weight was

lost. Subject 3 was able to hold his breath longer after weight loss. In general, the loss of weight did not affect the breath holding ability of wrestlers.

Breath Holding in Inspiration. The procedure was like that described for expiration, except the breath was held in inspiration. A summary of the data shows that the breath holding time of two subjects after weight loss fell within the normal range. Three subjects were able to hold their breath longer than normal. One subject could not hold his breath quite as long as normal. The data indicate, at least, that weight loss did not decrease ability to hold the breath in inspiration.

Vital Capacity. Vital capacity was measured by having the wrestler expire into a calibrated spirometer with the greatest possible expiration after the most forceful inspiration. Three trials were performed during each experimental period. The most forceful expiration of the three trials was recorded as the vital capacity. The vital capacity was less than normal after the weight loss in four cases, greater in one, and the same in one. The data indicate that the weight loss has a tendency to reduce vital capacity.

Resting Tidal Air. Resting tidal air was measured by means of a Benedict-Roth spirometer. After 30 minutes or more of bed rest, the resting tidal air was measured each time the wrestler came to the laboratory. A record was made over a period of from six to eight minutes. The tidal air was recorded as the average number of c.c. required per minute. The data show that in two cases the resting tidal air was less after weight loss than before, in two cases it was greater and in two cases it was the same. The data fail to show a trend in any one direction, relative to the effect of weight loss on tidal air.

Respiratory Rate. The resting respiratory rate was determined from the records made in the measurement of tidal air. The data justify the conclusion that the weight loss did not alter the resting respiratory rate.

OXYGEN REQUIREMENTS

Resting Oxygen Consumption. Here also, the Benedict-Roth spirometer was employed. Resting oxygen used was calculated from the same record employed to determine resting tidal air. The wrestler breathed pure oxygen for from six to eight minutes. *The amount of oxygen used per minute was calculated and corrected to standard conditions. The data show that the weight loss had no effect on the resting oxygen requirement.

Oxygen Debt. Oxygen debt is defined as the difference between the resting oxygen requirement and the oxygen used during the recovery period. Each subject did thirty-five stool steps each time he came to the laboratory. Immediately following the work, he assumed the resting position, and his oxygen requirement was measured until it reached the resting state. The amount of oxygen used, above the resting requirement, due to the exercise, is expressed as oxygen debt. The data show that the weight loss had no effect on the oxygen debt.

Recovery Time. The recovery time is defined as the time expressed in minutes required to pay the oxygen debt acquired due to thirty-five stool steps. The recovery time was unaffected by the weight loss.

SUMMARY AND CONCLUSIONS

The effect of losing weight by withholding food, and dehydration on the responses of wrestlers was studied experimentally. Eighteen responses involving the neuro-muscular, cardio-vascular, and respiratory systems, and oxygen requirements were involved in the study.

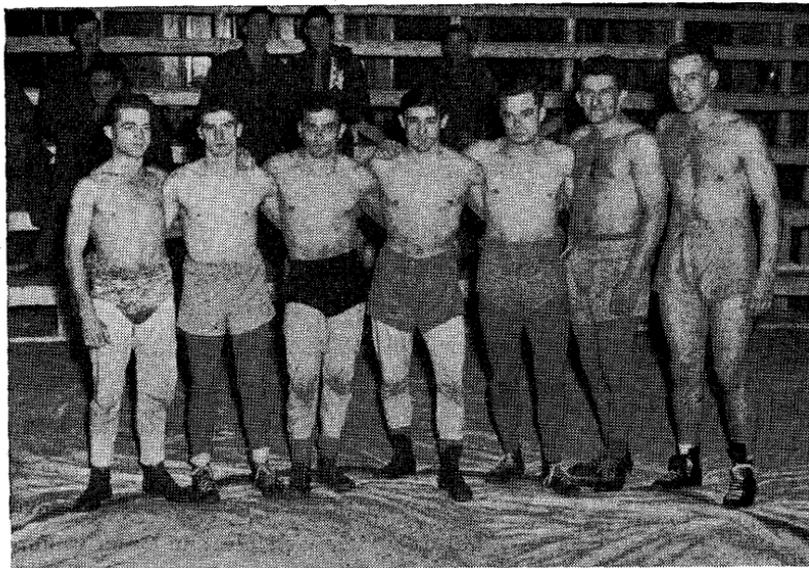
In order to determine the range and the mean response, six wrestlers performed each experiment five times on different days over a period of a month. At the end of this time, weight loss was lost by the orthodox method employed by wrestling coaches when they desire to have a man make a lower weight class. Each experiment was repeated immediately after the weight was lost.

This study indicates that a wrestler may safely lose weight up to 5 per cent of his body weight without suffering any deleterious effects.

TABLE 1

This table shows the age, height, weight, surface area, and weight loss of the subjects.

Sub. no.	Age yrs.	Height ins.	Weight lbs.	Surface area sqm.	Weight loss lbs.	Per cent loss
1	20	69	145	1.79	7	4.8
2	19	71	162	1.91	8	4.9
3	18	71	164	1.90	6	3.6
4	18	71	203	2.12	10	4.9
5	19	72	217	2.20	10	4.6
6	23	70	204	2.08	9	4.4



SOLDIER CHAMPIONS: *The ETO wrestlers who captured the Army championships in Wiesbaden, Germany. Left to right—Yarnell (Calif.) 123 lbs., Beers (Pa.) 134 lbs., Archer (Indiana U.) 145 lbs., Crabtree (Penn State) 158 lbs., Humphreyville, 174 lbs., Lindos (Md.) 191 lbs., Brandt (Kan.) heavyweight.*

ETO Championships

By Lt. WILLIAM E. CLEGHORN

Sweeping to four first places out of seven, TSFET dominated the finals of the 1946 ETO wrestling championship in the American Red Cross Eagle Club at Wiesbaden, Germany.

Before a capacity crowd of more than 1,100 spectators, TSFET piled up 35 points, seven more than runner-up USFET's 28. Berlin District collected 10 for third place and USAFE came in fourth with seven. Seventh Army with six points and Third Army with two finished fifth and sixth respectively.

Two unheralded matmen, Pfc. Jim Beers and Lt. Jack Cadmus, stole the show from the outstanding array of wrestlers that had earned their way to the finals.

Beers, USAFE, who was the Pennsylvania high school champion in 1943, was far ahead on points when he found the opening to slam a vicious body chancery and half nelson on Cadmus for a fall.

Pfc. Erwin Yarnell, TSFET, and Pfc. John Lego, USFET, started the finals bouts off in rough and tumble fashion. Yarnell copped the 123-lb. crown by applying a full body scissors and half nelson to Lego after 5:24 seconds had elapsed.

Lt. Allen Crabtree, TSFET, former Penn State star, and runner-up in the 1942 Eastern Intercollegiate championship, highlighted the two-day tourney as he put on a wonderful mat demonstration in decisioning Pfc. Ed. Wisniewski, Berlin District, 10-0, to take the 158-lb. laurels. The summary:

FINALS

123-lb. class—Pfc. Erwin Yarnell, TSFET, pinned Pfc. John Lego, USFET, in 5:24 sec.

134-lb. class—Pfc. James Beers, USAFE, pinned Lt. John Cadmus, USFET, in 6:43 sec.

145-lb. class—T/5 John Archer, TSFET, decisioned Pvt. Lindley Gammel, Berlin District, 9-4.

158-lb. class—Lt. Allen Crabtree, TSFET, decisioned Pfc. Ed. Wisniewski, Berlin District, 10-0.

174-lb. class—Cpl. Eugene Humphreyville, 7th Army, decisioned Pfc. Earl Long, USFET, 10-3.

191-lb. class—T/4 Chris Lindos, TSFET, pinned Pfc. Bill Menner, USFET, in 5:55 sec.

Heavyweight—T/Sgt. Walter Brandt, USFET, decisioned T/5 Samuel Neville, TSFET, 4-3.

Officials: Capt. Buel "Pat" Patterson, Kansas State, and Major Clifford Gallagher, Lafayette College.



LIEUTENANT COLLECTS SPOILS: Lt. Allan Crabtree, captain of the triumphant TSFET wrestling team, receives trophy from Brigadier General McCormick of USAFE.

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REVIEWS OF THE 1946 SCHOLASTIC SEASON



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NCAA GRAPPLING CHAMPS: *The 1946 Oklahoma A&M wrestling squad which won the NCAA championship at Stillwater, Okla., 1946. Left to right, first row—Dorsch, Thompson, Arndt, Welch; second row—Griffith (coach), Walker, St. Clair, Arms.*

NCAA Championships

By C. P. KEEN

Acting Chairman, Rules Committee

The 16th National Collegiate Wrestling Tournament was held at Oklahoma A&M College, Stillwater, Okla., on March 22 and 23.

This tournament marked a resumption of this event after three years discontinuance on account of the war. This was also the first time that Oklahoma A&M College has sponsored the National Collegiate Wrestling Tournament.

Oklahoma A&M set a new high in the efficient management, thoughtful preparation, and hospitable treatment which was accorded to its

guests. This is all the more remarkable and praiseworthy in view of the fact that our host had only six weeks to prepare for this tournament.

All contestants and visiting coaches were provided with free lodging and meals throughout their stay in Stillwater and transportation to and from the field-house. A special training table was set up for the contestants and excellent meals provided. The members of the Rules Committee were provided with separate quarters at a beautifully furnished lodge some nine miles outside the city, at Lake Blackwell.

On Thursday evening preceding the tournament, the Quarterbacks' Club of Stillwater gave a banquet at which the members of the Rules Committee and all visiting coaches were the guests of honor. Over one thousand people were in attendance. The cordiality, friendliness and hospitality of the local citizens, and the great interest they manifested in wrestling, made a fine impression on all of their guests.

The number of institutions which participated and the number of individual contestants which competed were less than normal, but the caliber of wrestling was just as high as we have had in preceding tournaments. There were only a few entries from Eastern institutions, largely on account of the early war-time schedules which were still in operation



NCAA RUNNERS-UP: *The Iowa State Teachers, who nailed down second place in the NCAA tourney with three individual championships and one second.*
 Left to right—John Ball, 155; Bill Koll, 145; Russell Bush, 136; Gerald Leeman, 128; Cecil Mott, 121; D. H. McCluskey (coach).

in that section. The Eastern Intercollegiate Wrestling Association Championships were held on February 8 and 9; hence it could not be reasonably expected that contestants from this section would remain in condition for another six weeks after their wrestling season was over. It was very gratifying, however, that all of the eight Big Ten Conference Champions participated in this National Tournament.

The publicity for the tournament was excellent and very ably handled by Mr. Otis Wile, Publicity Director for the Athletic Association at Oklahoma A&M College. Mr. Al Paddock, Tournament Manager, and Mr. Clay Potts, in charge of entertainment, housing, feeding, etc., are also to be highly commended for their efficient work. We are also profoundly grateful to Mr. Henry Iba, Director of Athletics at Oklahoma A&M for setting up such a splendid organization to manage and conduct this tournament and also for volunteering to sponsor this meet on such short notice.

Oklahoma A&M again won the championship, but it was only by the narrowest of margins. The five-man team from Iowa State Teachers College was beaten out by one point.

Team Scores: Oklahoma A&M 25; Iowa State Teachers College 24; Illinois 17; Indiana 13; Michigan 8; Ohio State 6; Iowa State 6; Michigan State 5; Colorado State 2; Nebraska 2; Penn State 2; Kent State 1.

The following institutions participated but scored no points: Davidson, Minnesota, North Carolina University, Oklahoma and Wyoming.

INDIVIDUAL PLACE WINNERS

<i>Division</i>	<i>Champion</i>	<i>Second</i>	<i>Third</i>
121 lb.	C. Mott (Iowa St.)	M. Rolak (Indiana)	B. Tomaras (Illinois)
128 lb.	G. Leeman (Iowa St.)	L. Kachiroubas (Illinois)	S. Harry (Penn. St.)
136 lb.	D. Arndt (Okla. A&M)	R. Bush (Illinois State)	E. George (Indiana)
145 lb.	W. Koll (Iowa St.)	E. Welch (Okla. A&M)	G. Mikles (Mich. St.)
155 lb.	W. Courtright (Mich.)	J. St. Clair (Okla. A&M)	R. Ditsworth (Illinois State)
165 lb.	D. Shapiro (Illinois)	G. Walker (Okla. A&M)	H. Boker (Nebraska)
175 lb.	G. Dorsch (Okla. A&M)	N. Antonsen (Illinois)	S. Golonka (Indiana)
Heavyweight ..	G. Bollas (Ohio State)	M. Chittwood (Indiana)	G. Brand (Illinois State)

The Wrestling Coaches Association trophy for the outstanding wrestler in the meet was awarded to Gerald Leeman of Iowa State Teachers College.

The annual business meeting of the Wrestling Coaches' Association was held in connection with the tournament, with President Fendley Collins of Michigan State College presiding. The three principal topics of discussion were: proposed changes in the rules, transfer of the wrestling films and the future handling of all films to the central office of the NCAA, and of ways and means of permitting and encouraging high school wrestling coaches to participate and take a more active part in the National Wrestling Coaches' Association.



OUTSTANDING WRESTLER OF THE YEAR: Iowa State's Gerry Leeman proudly displays trophy awarded him as the NCAA's outstanding wrestler. Leeman nailed down the 128-lb. title.

The consensus of opinion showed no desire to make any drastic changes in the present rules; however, it was considered desirable that certain provisions should be reworded and clarified. A recommendation was also made that clinics for referees should be held in all districts in which demonstrations, interpretations, and discussion of rules should be made.

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There was an unanimous vote of the Association to transfer all wrestling films of past NCAA wrestling tournaments and to turn over to the central office of the NCAA the management, handling, distribution and routing of all future films taken of NCAA wrestling tournaments. A recommendation was also made that a suggestion be made to the NCAA that an "educational film" in sound be made under the direction of the NCAA in which fundamental wrestling holds, and maneuvers would be demonstrated and explained. Making of such an educational film was deemed to be highly important at this time for the reason that high school wrestling is growing in a phenomenal manner, but there is a deficiency of high school coaches who have an adequate knowledge of wrestling techniques.

A majority vote indicated that the association desires a more active participation by high school coaches in the organization and more consideration shown by the NCAA Wrestling Rules Committee for the problems and rules pertaining to high school wrestling.

Arthur Griffith of Oklahoma A&M was elected President, Hugo Otopalik of Iowa State College was elected Vice President, and Raymond Swartz of the U. S. Naval Academy was reelected as Secretary and Treasurer to serve for the forthcoming year.

All of the members of the NCAA Wrestling Rules Committee were present with the exception of B. R. Patterson who was still in service. The committee met six times officially, with almost continuous discussion being interspersed at all available moments, in regard to matters pertaining to the conduct of the tournament, proposed changes of rules, promotion and ways and means of bettering the sport.

The committee decided that no drastic changes should be made in the rules but several provisions in the rules were noted for re-wording and clarification. It was decided that Chairman Patterson, or the one selected by him, should be given the responsibility of editing the 1947 edition of the Rule Book.

The Coaches' Association again had films made of the finals of the meet and also shots were made of parts of many bouts which were believed to be of general interest.

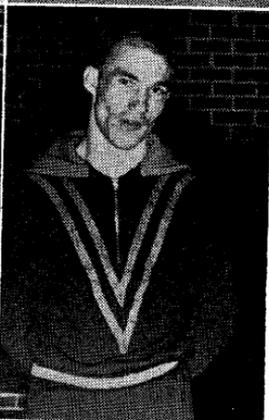
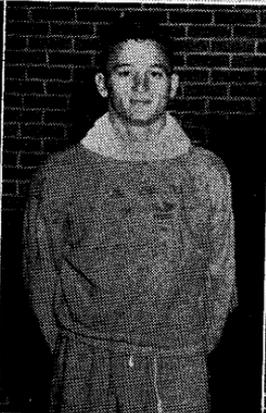
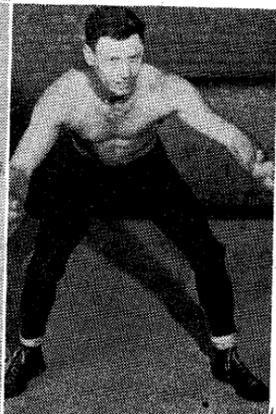
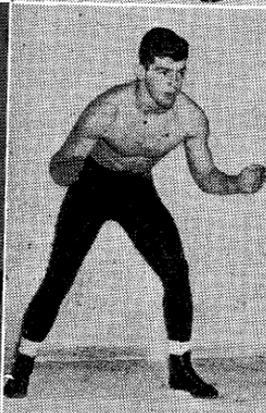
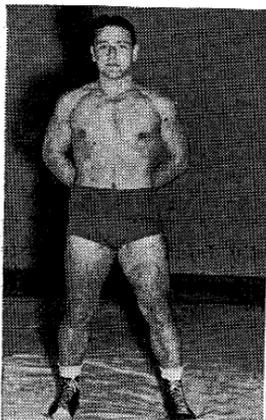
The members of the NCAA Wrestling Rules Committee unanimously adopted the following resolution as a manifestation of their esteem, appreciation, and in recognition of the great contribution made by Dr. R. G. Clapp to amateur wrestling:

"The present members of the National Wrestling Rules Committee are fully cognizant of the tireless, capable, and unparalleled service performed by Dr. R. G. Clapp as a longstanding member and as Chairman of the National Wrestling Rules Committee."

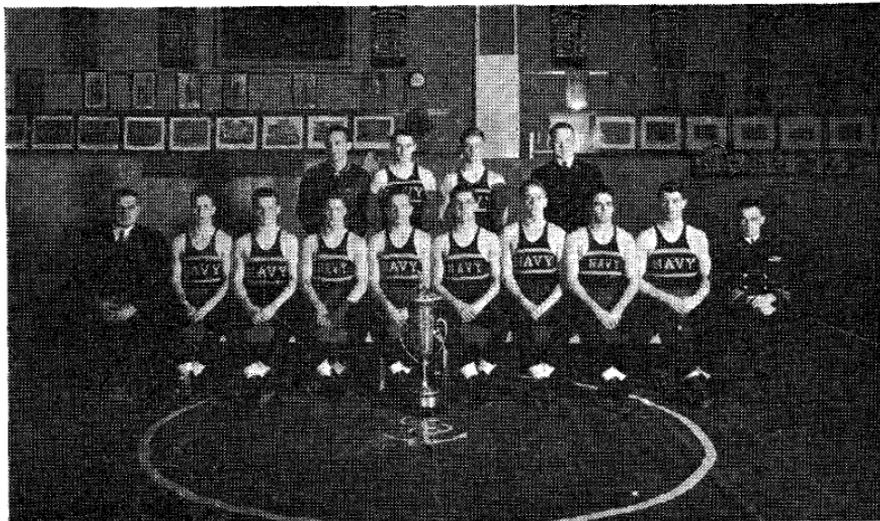
"Therefore, it is resolved, that this committee express its grateful appreciation for the long and outstanding service performed by Dr. R. G. Clapp.

"It is further resolved that Dr. R. G. Clapp be selected as the honorary chairman of this committee.

"It is further resolved that any advice, help, or suggestions pertaining to the welfare of wrestling will always be welcomed from our highly esteemed friend, Dr. R. G. Clapp."



SEVEN NCAA WINNERS: Top—Ohio State's burly heavyweight, George Bollas; center—George Dorsch, Oklahoma A&M, 175; Dave Shapiro, University of Illinois, 165; Bill Courtright, Michigan, 155; bottom—Bill Koll, Iowa State Teachers, 145; Dave Arndt, Oklahoma A&M, 136; Cecil Mott, Iowa State Teachers, 121.



EASTERN CHAMPS: Navy wrestlers who successfully defended their Eastern Intercollegiate crown. Left to right, first row—R. Swartz (coach), DeLong, Gibson, Settle, Smith, Comdr. Dawes (officer rep.); second row—Kit (assistant coach), Chandler, Bonnell, Taylor (manager).

Eastern Intercollegiate Championships

By E. F. CARAWAY

Lehigh University

The Eastern Intercollegiate Wrestling Association conducted its 42nd Annual Tournament at Lehigh University, Bethlehem, Pa., on February 8 and 9, 1946.

This was the third successive tournament conducted at Lehigh University because of war time restrictions. The tournament next year will be held at the usual time in March one week before the NCAA tournament at a site yet undetermined but will probably go back on the rotation basis that was in effect before the war.

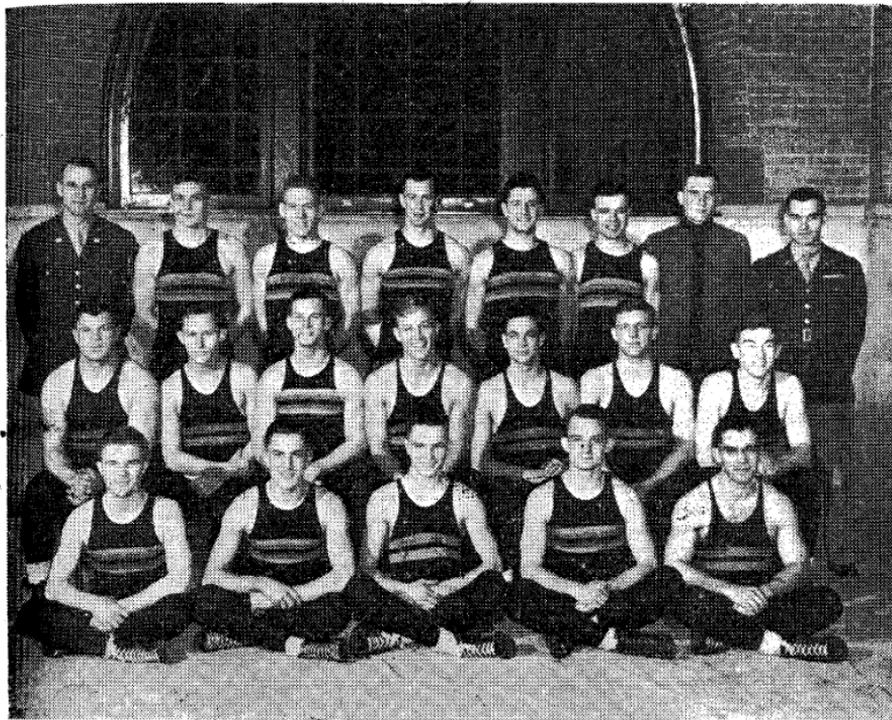
Unlike other tournaments in the past, this year's tournament was conducted on an entirely different basis. The plan was changed because the Athletic Directors felt that under the old method when a boy was required to wrestle challenge bouts, he would sometimes have to wrestle three times within an hour with a chance of injury because of over-exertion. It was decided to do away with this method and adopt a plan whereby no boy would have to wrestle more than once in any one ses-

sion. The other thought in mind was to make the tournament as interesting as possible from a spectator's angle. The plan that was finally adopted is as follows:

1. That all contestants were seeded.
2. That there was a committee of five coaches who did the seeding.
3. That it was strictly an elimination tournament except the boys who were defeated in the semi-finals had a chance to wrestle for third place.
4. That the defeated finalists shall automatically be given second place.

It was thought that with this method fewer points would be scored than in former years since there would be fewer bouts wrestled, but in the 1946 tournament there were 108 points scored with the same number of teams as to 102 points scored in the 1945 tournament.

You will note the following table will give you a rough estimate as to the number that participated in the tournament:



RUNNER-UP FOR EASTERN CROWN: Army matmen, left to right, first row—Fuller, Stidham, Raabe, Robertson, Mack; second row—Green, McBride, McKinney, Land, Cameron, Stockdale, Grace; third row—Captain Weiler (Asst. officer in charge), Finley, Cronkhite, Thevenet, Burner, Stewart, Koch (manager), Maj. Jacunski (Officer in charge).

EIWA Table

Individual Competitors	69
Number of Schools represented	9
Number of Sessions	4
Number of Bouts	67
Number of Falls	28
Number of Defaults	3
Number of Points scored	108
Method used in determining bouts.....	Seeding
Number of officials used	4
Number of men (coaches) doing seeding.....	5

Losers in semi-finals wrestled for third place.

Three places were given—1st place, 5 points; 2nd place, three, and 3rd place, one. Each fall counted one point toward team score.

The United States Naval Academy successfully defended its championship by scoring 21 points with the Army finishing a close second with 20 points. Cornell made a great bid for the championship also, as the score indicates a close third with 19 points. Navy did not cinch its championship until the heavyweight class when Brown of Cornell defeated Green of Army for first place.

All in all it was one of the most exciting closely contested tournaments that has been held in a great number of years.

Team Scores: Navy 21; Army 20; Cornell 19; Penn State 14; Penn 10; Lehigh 9; Princeton 7; Coast Guard 4; Columbia 25.



CORNELL MAULERS: Left to right, first row—Kuhl, LaRock, Ramandanes, Miller, Huntington, Kenerson, Gurnee, Filey (assistant coach); second row—Ware (manager), Covell (asst. manager), Ferris, O'Connell (coach), Almquist, Campbell, Myers, Brown, Dr. Britten (team physician), Fountain (trainer).

CHAMPIONS AND PLACE WINNERS

Division	Champion	Second	Third
121 lb.....	Rabbe, Army	DeLong, Navy	Odell, Princeton
128 lb.....	Harry, Penn State	Huntington, Cornell	Gershkoff, C'st Guard
136 lb.....	Greene, Navy	Asch, Penn	Steel, Penn State
145 lb.....	Miller, Cornell	Fletcher, Navy	Mock, Army
155 lb.....	Dixon, Penn State	Hathway, Navy	Welling, Penn
165 lb.....	Niewenhaus, Lehigh	Kassak, Penn	Stockdale, Army
175 lb.....	Land, Army	Blake, Princeton	Jackson, Lehigh
Heavyweight..	Brown, Cornell	Green, Army	Smith, Navy

New England Wrestling

Wrestling in New England came back strong during the latter part of the war. With many of their veterans returning from all over the globe, many schools returned to at least a part-time schedule, with hopes of getting back to the pre-war programs in 1947.

It was felt that it would not be wise to hold the New England tournament in 1946 because of overlapping of examination periods in schools still remaining on the war-time semester plan.

Several new schools are expected to engage in wrestling in the future. The University of Connecticut and Trinity College experimented with war-time wrestling and may run teams in 1947. Coast Guard Academy sponsored a team in 1946 and will in all probability continue to do so. With the entrance of new schools into our tournament, we are looking forward to a successful post-war era.

LITTLE THREE WRESTLING

Wrestling in the "Little Three" was resumed in 1946 and was won by a strong Williams team. Williams defeated both Amherst and Wesleyan in dual competition, winning the coveted Little Three crown. All three squads, however, are looking forward to the return of many veterans who will definitely bolster their teams for 1947. It is hoped that next year the Little Three tournament may again be held. The last tournament, held in 1943, was won by Wesleyan.

Western Conference Championship

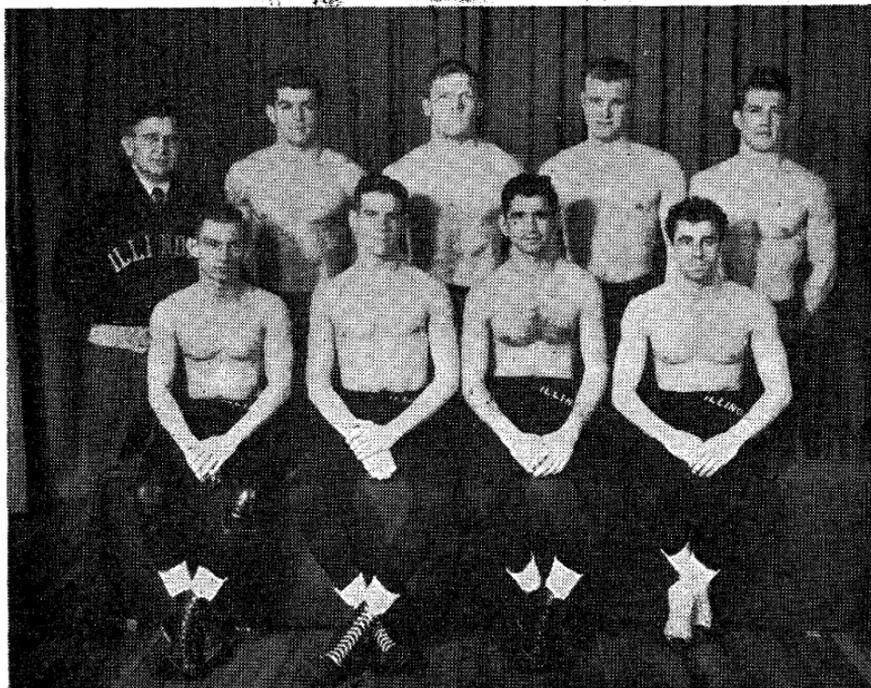
By GLENN C. LAW

Coach, University of Illinois

Wrestling competition on a pre-war level returned to the Western Conference in 1946. In some cases, teams were not bolstered by returning veterans until the second semester, but by the time of the Big Ten championships in Champaign March 8-9, rosters of competing teams were of topnotch calibre in talent, age and experience.

Illinois, with three individual championships, two third and two fourth places, won the meet and scored the greatest total points in history, 31. Second was Indiana with two firsts, a runnerup and a fourth place for a 25-point total. Michigan scored 18 points, Ohio State 17, and Iowa 12.

Only two previous champions retained titles. George Bollas, Ohio State, defeated Morris Chitwood of Indiana for the heavyweight crown, while Norman Anthonisen, Illinois, 165-pound winner in 1942, came



BIG TEN TITLE-HOLDERS: Illinois' wrestlers who tallied the greatest number of points in Western Conference history. Left to right, first row—Tomaras, Petry, Garcia, Kachiroubas; second row—Glenn C. Law (coach), Shapiro, Wilson, Anthonisen, Marlin.

back from service to dethrone Mike Rajcevich, Purdue, defending champion at 175.

Among high-ranking wrestlers of previous years who competed but did not win titles were: Sig Golonka, Indiana, third at 165 in 1943; William Ivy, Northwestern, heavyweight champion in 1943; Robert Wilson, Illinois, heavyweight champion in 1944 while in marine training at Purdue; Rometo Macias, Iowa, 128-pound champion in both 1944 and 1945; and Ben Mottelson, Purdue, runner-up at 136 in 1945.

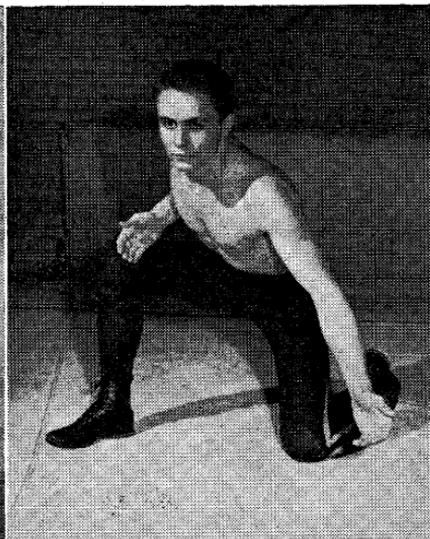
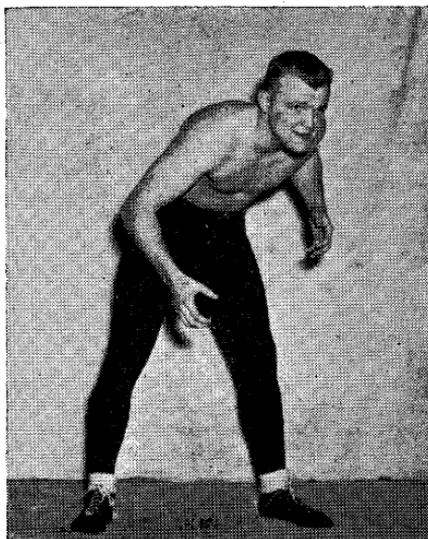
Outstanding competitors in the 1946 championships were Bill Courtright, Michigan, who pinned every one of his opponents at 155; Dave Shapiro, Illinois, undefeated during the season at 165; and Lou Kachiroubas, Illinois, who decisioned Iowa's Macias.

Spectator interest in the championships, which were returned to the pre-war two days of competition, was high indicating a fine season for the outstanding crop of grapplers who will be eligible for 1947.

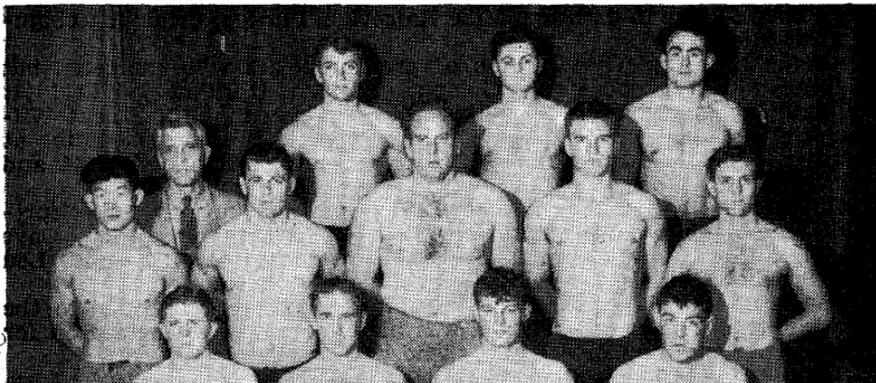
Team Scores: Illinois 31, Indiana 25, Michigan 18, Ohio State 17, Iowa 12, Minnesota 9, Northwestern 6, Purdue 4, Chicago 3, Wisconsin 1.

INDIVIDUAL CHAMPIONS AND PLACE WINNERS

	FIRST PLACE	SECOND PLACE	THIRD PLACE
121 lb. class . . .	Rolak, Indiana	Kesselring, Ohio State	Tomaras, Illinois
128 lb. class . . .	Kachiroubas, Illinois	Macias, Iowa	Palmer, Chicago
136 lb. class . . .	Smith, Michigan	Puchanny, Indiana	Barker, Iowa
145 lb. class . . .	George, Indiana	Stora, Ohio State	Natke, Northwestern
155 lb. class . . .	Courtright, Michigan	Kramer, Minnesota	Marlin, Illinois
165 lb. class . . .	Shapiro, Illinois	Gray, Iowa	Baker, Minnesota
175 lb. class . . .	Anthonisen, Illinois	Rajcevich, Purdue	Golonka, Indiana
Heavyweight . . .	Bollas, Ohio State	Chitwood, Indiana	Ivy, Northwestern



BIG TEN CHAMPIONS: Wayne Smith, University of Michigan (right), claimed the 136 lb. class and Norman Anthonisen (left), University of Illinois, 175 lb. champ.



ROCKY MOUNTAIN MATMEN: *Colorado State's wrestling team which went undefeated in state competition.*

Intercollegiate Wrestling in the Rocky Mountain Region

By JOHN HANCOCK

Coach, Colorado State College at Greeley, Colo.

Intercollegiate wrestling, dormant in the Rockies during the war, was resumed in 1946 by both the Rocky Mountain Conference and the Mountain States Conference. The colleges resuming wrestling were Wyoming University, winner of the Eastern Division of the Mountain States Conference; Denver University, coached for the first time by Dan Stavely; Colorado A&M, and Colorado State of the Rocky Mountain Conference.

Colorado State was undefeated in Colorado and had dual meets with the University of Nebraska and Iowa State College. Wyoming University was represented at the NCAA by Henry Mangus in the 128-pound weight class, and Colorado was represented by Gordon Fleiger, 136, Tony Yamasaki, 145, and Joe Klune, 175. Denver University had a very good wrestler in Leo Ford, 175 pounds.

Strong teams in the Rocky Mountain area are to be expected in 1947, and Colorado Mines and Colorado University will field teams for the first time since the war. Everett Lantz, wrestling coach at the University of Wyoming has returned from the Navy, along with John Mason, wrestling coach at Colorado Mines. The University of Utah, Brigham Young and Utah Aggies had wrestling teams in 1946 but did not have a complete schedule. The Utah Colleges and Universities, along with Montana State at Bozeman, Mont., were building for strong teams in 1947.

Wrestling in District Seven is decidedly increasing in popularity and in class of wrestling.

Intercollegiate Wrestling in California

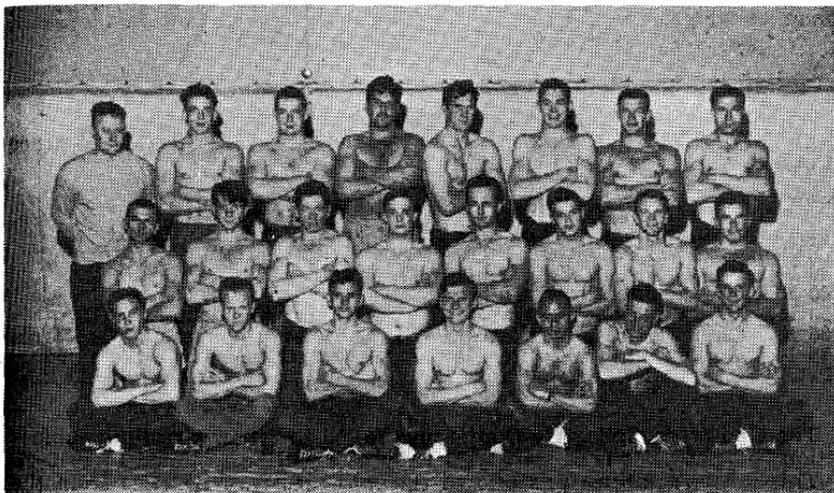
By HENRY A. STONE

Coach, University of California, Berkeley

Collegiate wrestling on the West Coast was partially revived during the 1945-46 season, however there is every indication that in 1947 competition will be back to its pre-war level. In the Southern Division, Pacific Coast Conference, Stanford University, UCLA and the University of California all supported teams and engaged in competition among themselves and with service teams.

Because it had been able to continue competition throughout the war by engaging nearby club and service teams, the University of California was able to retain the dominant position it held in this area prior to the opening of hostilities. Stanford and UCLA were less fortunate, being forced to start from scratch because both universities had discontinued wrestling competition for the duration.

Stanford, under Coach Ted Mumby, was able to divide its series with California, a feat which the Indians have not accomplished since 1917. UCLA was less successful due to the fact that Lt. Col. Hunt, Bruin coach, did not return from the Army until after the season was well under way. Although the UCLA squad showed rapid development after his return, sufficient time did not elapse before the end of the season for the team to reach its maximum potentialities.



CLASS OF THE COAST: *University of California's* wrestlers still hold their title spot in the Pacific Coast Conference's Southern Division. Left to right, first row—Christensen, Taylor, Harutunian, Newell, Arthur, Popkin, Rogers; second row—Lekas, Bizenstein, Carneal, Greenley, Sullivan, Lovette, Staniford (captain), Johndrow; third row—H. A. Stone (coach), Allan, Richards, Bayraktoglu, Dondero, Livingston, Mumby, Thacker.



INDIANS MAKE A COMEBACK: After war-time suspension of wrestling Stanford came back to split a series with California for the first time since 1917. *Left to right, first row—Ted E. W. Mumby (coach), Mumby, W., Winston, Bevier, Jones, Walker, Heninger, Kurfess; second row—Wallace, Mosher, Bovinghauser, Thompson (captain), Napper, Cullison, Wing.*

Individual champions and runners-up for the Pacific Coast Conference (Southern Division) were as follows:

DIVISION	CHAMPION	SECOND
121 lb.	Leland Christensen, California	Stanton Wong, UCLA
128 lb.	Evan Oayaka, UCLA	Wayne Arthur, California
136 lb.	Vern Jones, Stanford	Harry Rogers, California
145 lb.	Melvin Johndrow, California	David Urton, UCLA
155 lb.	Dan Winston, Stanford	Chester Dunsmore, UCLA
165 lb.	Oscar Thompson, Stanford	James Livingston, California
175 lb.	Hugh Mumby, California	Winston Mumby, Stanford
Hwt.	Wayne Richards, California	James McConnoughy, UCLA

The California Collegiate Conference failed to renew wrestling competition this year. It is expected that contests will be resumed in 1946-47.

This season's failure was due to the late return of coaches from the armed services and other administrative difficulties.

Nearly all of the State Colleges in California can expect the return of many former contestants next fall and should support strong teams. San Jose State College has a very strong squad in prospect and should be a leader in Coast wrestling circles for the 1946-47 season.

1946 Dual Meet Records

Auburn
Auburn, Ala.
Arnold W. Umbach

8 Georgia Tech.....	24
24 Appalachian Thr. 8	
8 Georgia Tech.....	24
12 Appalachian Thr. 23	
52 (1-3-0)	79

Amherst Col.
Amherst, Mass.
Charles Soleau

20 Wesleyan.....	20
16 Wesleyan.....	16
11 Williams.....	21
47 (0-1-2)	57

Army (U. S. Mil. Ac.)
West Point, N. Y.
Lloyd Appleton

33 Columbia.....	3
19 Cornell.....	11
11 Yale.....	21
11 Pennsylvania.....	17
21 Penn State.....	11
34 Muhlenberg.....	0
20 Coast Guard.....	8
149 (5-2-0)	71

Brooklyn Col.
Brooklyn, N. Y.
Nathan Doscher

0 Kings Point.....	30
3 Lehigh.....	29
27 Brooklyn Poly.....	3
26 Brooklyn Poly.....	5
20 NYU.....	6
76 (3-2-0)	73

Brooklyn Poly
Brooklyn, N. Y.
Harry Barr

15 Columbia.....	19
0 Coast Guard.....	30
6 NYU.....	24
3 Brooklyn Col.....	27
0 Merchant Marine.....	32
8 Swarthmore.....	26
5 Brooklyn Col.....	26
3 NYU.....	27
40 (0-8-0)	211

California, U. of
Berkeley, Calif.
Henry Stone

31 UCLA.....	5
15 Stanford.....	21
23 Stanford.....	11
17 Alameda NAS.....	37
17 Olympic Club.....	33
30 UCLA.....	6
31 Olympic Club.....	13
164 (4-2-0)	126

Chicago, U. of
Chicago, Ill.
S. K. Vorres

13 Northwestern.....	21
21 Illinois Tech.....	11
11 Wisconsin.....	25
18 Illinois Tech.....	16
13 Wheaton.....	21
11 Northwestern.....	25
10 Wheaton.....	28
3 Iowa.....	31
100 (2-6-0)	178

C. G. (U. S.) Acad.
New London, Conn.
Cmdr. Ivan J. Geiger

30 Brooklyn Poly.....	0
10 Yale.....	23
3 Penn State.....	23
31 Conn. Wesleyan.....	5
20 Lehigh.....	8
31 Tufts.....	3
3 Navy.....	29
8 Army.....	20
136 (4-4-0)	111

Colorado A&M Col.
Fort Collins, Colo.
Julius F. Wagner

25 Denver.....	15
16 Wyoming.....	20
15 Denver.....	21
16 Wyoming.....	18
72 (1-3-0)	74

Colorado State
Greeley, Colo.
J. W. Hancock

28 Wyoming.....	10
24 Denver.....	8
21 Wyoming.....	13
18 Nebraska.....	16
4 Iowa State.....	25
23 Denver.....	13
118 (5-1-0)	85

Columbia U.
New York, N. Y.
Gus Peterson

19 Brooklyn Poly.....	15
25 NYU.....	13
6 Cornell.....	30
6 Yale.....	30
8 Princeton.....	30
8 Army.....	33
8 Pennsylvania.....	26
3 Navy.....	31
78 (2-6-0)	208

Cornell U.
Ithaca, N. Y.
Walter C. O'Connell

30 Columbia.....	6
20 Pennsylvania.....	12
17 Lehigh.....	13
11 Army.....	19
11 Penn State.....	21
89 (3-2-0)	71

Denver, U. of
Denver, Colo.
Dan Stavely

21 Colorado A&M.....	15
8 Colorado Thr.....	24
17 Wyoming.....	13
15 Colorado A&M.....	25
13 Colorado Thr.....	23
10 Wyoming.....	19
84 (2-4-0)	119

Duke U.
Durham, N. C.
Harvey L. Potter

12 Georgia Tech.....	14
14 Virginia.....	14
20 Georgia Tech.....	8
19 North Carolina.....	11
28 Appalachian.....	0
12 North Carolina.....	14
105 (3-2-1)	61

Gallaudet Col.
Washington, D. C.
11 Johns Hopkins..... 19
10 Virginia..... 28
25 Loyola (Md.)..... 15
13 Johns Hopkins..... 21

59 (1-3-0)	83
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Georgia Tech
Atlanta, Ga.
Lloyd A. Moll

14 Duke.....	12
8 Duke.....	20
24 Auburn.....	8
26 Appalachian Thr. 8	
24 Auburn.....	8
14 North Carolina.....	16
119 (4-2-0)	72

Harvard U.
Cambridge, Mass.
Clarence E. Boston

19 Tufts.....	13
0 Yale.....	30
9 Andover.....	19
2 Providence HS.....	23
21 Wesleyan.....	15
51 (2-3-0)	100

Illinois St. Normal U.
Normal, Ill.
Eugene L. Hill

13 DeKalb.....	19
22 North. (Ill.) Thr. 6	
11 Wheaton.....	19
46 (1-2-0)	44

Illinois, U. of
Champaign-Urbana, Ill.
Glenn C. Law

19 Wheaton.....	13
6 Purdue.....	20
11 Michigan State.....	15
11 Iowa State Thr.....	17
19 Michigan.....	9
13 Indiana.....	17
14 Purdue.....	12
19 Ohio State.....	9
112 (4-4-0)	112

Indiana U.
Bloomington, Ind.
Charley McDaniel

18 Michigan.....	8
23 Northwestern.....	3
24 Nebraska.....	6
17 Illinois.....	13
15 Purdue.....	11
20 Ohio State.....	8
117 (6-0-0)	49

Iowa State Thr.	
Cedar Falls, Ia.	
David H. McCuskey	
29 Minnesota	5
17 Illinois	11
25 Nebraska	5
20 Iowa State	10
12 Michigan State	12
24 Wheaton	8
127 (5-0-1)	51

Iowa State Col.	
Ames, Ia.	
21 Nebraska	9
25 Colorado St.	4
10 Iowa Thr.	20
6 Nebraska	22
14 Minnesota	14
76 (2-2-1)	69

Iowa, U. of	
Iowa City, Ia.	
H. M. Howard	
13 Wisconsin	15
19 Nebraska	9
17 Northwestern	9
15 Minnesota	13
31 Chicago	3
95 (4-1-0)	49

Johns Hopkins U.	
Baltimore, Md.	
Fred Whalen	
3 Virginia	35
19 Gallaudet	11
26 Loyola	8
21 Gallaudet	13
69 (3-1-0)	67

Lehigh U.	
Bethlehem, Pa.	
William Sheridan	
25 Swarthmore	11
36 Muhlenberg	0
29 Brooklyn Col.	3
13 Cornell	17
17 Pennsylvania	9
24 Princeton	8
18 Penn State	15
8 Coast Guard	20
170 (6-2-0)	83

Loyola Col.	
Baltimore, Md.	
Emil G. Reitz, Jr.	
15 Gallaudet	25
8 Johns Hopkins	26
23 (0-2-0)	51

Merchant Marine Acad.	
Kings Point, N. Y.	
Carlos Henriquez, Jr.	
30 Brooklyn Col.	0
32 NYU	0
18 Yale	10
25 Princeton	2
32 Brooklyn Poly.	0
6 Navy	26
22 Swarthmore	6
165 (6-1-0)	44

Michigan State Col.	
E. Lansing, Mich.	
Fendley Collins	
33 Wheaton	3
15 Illinois	11
11 Purdue	19
28 Northwestern	0
23 Minnesota	8
17 Ohio State	11
9 Michigan	15
12 Iowa State Thr.	12
148 (5-2-1)	79

Michigan, U. of	
Ann Arbor, Mich.	
Clifford Keen	
8 Indiana	18
17 Purdue	11
19 Wisconsin	11
9 Illinois	19
11 Ohio State	15
15 Michigan State	9
23 Northwestern	3
102 (4-3-0)	86

Minnesota, U. of	
Minneapolis, Minn.	
Dave Bartelma	
5 Iowa State Thr.	29
28 Nebraska	0
12 Purdue	12
8 Michigan State	23
23 Wisconsin	3
13 Iowa	15
14 Iowa State	14
103 (2-3-2)	96

Muhlenberg Col.	
Allentown, Pa.	
Floyd B. Schwartzwalder	
0 Lehigh	36
3 Swarthmore	33
0 Princeton	38
0 Navy	36
13 Naval Hosp.	30
0 Army	24
16 (0-6-0)	197

Navy (U. S. Nav. Ac.)	
Annapolis, Md.	
Raymond Swartz	
29 Pennsylvania	3
23 Penn State	13
36 Muhlenberg	0
26 Merchant Marine	6
31 Columbia	3
29 Coast Guard	3
174 (6-0-0)	28

Nebraska State U.	
Lincoln, Nebr.	
Jerry Adams	
0 Minnesota	28
10 Wisconsin	20
9 Iowa State	21
6 Indiana	24
5 Iowa Thr.	25
9 Iowa	19
22 Iowa State	6
16 Colorado Thr.	18
77 (1-7-0)	161

New York U.	
New York, N. Y.	
Jerry Hughes	
6 Brooklyn Col.	20
24 Brooklyn Poly.	6
0 Merchant Marine	32
27 Brooklyn Poly.	3
13 Columbia	25
21 Rutgers	11
11 Rutgers	21
102 (3-4-0)	118

N.C. (Appalachian) Thr.	
Boone, N. C.	
8 Georgia Tech.	24
8 Auburn	24
8 North Carolina	24
0 Duke	28
23 Auburn	12
47 (1-4-0)	112

North Carolina, U. of	
Chapel Hill, N. C.	
P. H. Quinlan	
24 Appalachian Thr.	8
22 Virginia	8
11 Duke	19
24 Virginia	8
14 Duke	12
16 Georgia Tech.	14
111 (5-1-0)	69

Northwestern U.	
Evanston, Ill.	
Wes Brown	
21 Chicago	13
3 Indiana	23
3 Purdue	25
3 Wisconsin	23
9 Iowa	17
25 Chicago	11
3 Michigan	23
0 Michigan State	23
67 (2-6-0)	163

Ohio State U.	
Columbus, O.	
Bernard Mooney	
8 Indiana	20
11 Michigan State	17
15 Michigan	11
16 Purdue	10
9 Illinois	19
59 (2-3-0)	77

Oklahoma A&M Col.	
Stillwater, Okla.	
Art Griffith	
27 SW Tech.	3
24 SW Tech.	0
51 (2-0-0)	3

Penn State Col.	
State College, Pa.	
Charlie Speidel	
13 Navy	23
23 Coast Guard	3
15 Lehigh	18
21 Cornell	11
21 Army	11
93 (3-2-0)	66

Pa. State Thr. Col.	
Lock Haven, Pa.	
Hubert H. Jack	
13 Penn State	21
13 Clearfield YMCA	30
5 Navy	29
20 Clearfield YMCA	23
51 (0-4-0)	103

DUAL MEET RECORDS

Pennsylvania, U. of Philadelphia, Pa.
 John E. Brennan
 14 Yale14
 23 Cornell20
 23 Navy29
 9 Lehigh17
 26 Columbia8
 23 Princeton5
 17 Army11
 104 (3-3-1) 104

Princeton U.
 Princeton, N. J.
 James J. Reed
 20 Swarthmore15
 30 Columbia8
 33 Muhlenberg0
 2 Merchant Marine.25
 8 Lehigh24
 5 Pennsylvania23
 0 Yale26
 103 (3-4-0) 121

Purdue U.
 Lafayette, Ind.
 Claude Reeck
 20 Illinois6
 19 Michigan State.11
 11 Michigan17
 12 Minnesota12
 25 Northwestern3
 10 Ohio State16
 11 Indiana15
 12 Illinois14
 120 (3-4-1) 94

S. West. Inst. of Tech
 Weatherford, Okla
 Ross Flood
 0 Okla. A&M24
 3 Okla. A&M27
 3 (0-2-0) 51

Stanford U.
 Stanford U., Calif.
 E. W. Mumby
 11 California23
 13 Alameda NAS. 24
 21 Mer. Mar. Cadets.24
 21 California15
 66 (1-3-0) 86

Swarthmore Col.
 Swarthmore, Pa.
 Richard DiBattista
 11 Lehigh25
 15 Princeton20
 33 Muhlenberg3
 28 Naval Hosp.6
 32 Naval Hosp.0
 26 Brooklyn Poly.8
 6 Merchant Marine.22
 151 (4-3-0) 84

Tufts Col.
 Medford, Mass.
 George Myerson
 13 Harvard19
 0 Yale34
 16 Williams18
 11 Phillips Exeter.17
 3 Coast Guard.....31
 43 (0-5-0) 119

UCLA
 Los Angeles, Calif.
 Briggs Hunt
 6 Alameda NAS.9
 5 California31
 8 Alameda NAS.30
 0 St. Mary's P-F. 41
 6 California30
 25 (0-5-0) 141

Virginia, U. of
 Charlottesville, Va.
 Frank Finger
 14 Duke14
 8 North Carolina. 22
 28 Gallaudet10
 35 Johns Hopkins.3
 8 North Carolina. 24
 93 (2-2-1) 73

Wesleyan U.
 Middletown, Conn.
 J. F. Martin
 20 Amherst20
 5 Coast Guard.31
 10 Williams24
 16 Amherst16
 15 Harvard21
 66 (0-3-2) 112

Wheaton Col.
 Wheaton, Ill.
 George Olson
 13 Illinois19
 28 Chicago C.Y.O.6
 3 Michigan State.33
 38 DeKalb Thr.0
 21 Chicago13
 25 DeKalb Thr.11
 15 Wisconsin19
 28 Chicago10
 8 Iowa Thr.24
 19 Illinois Normal U.11
 198 (6-4-0) 146

Williams Col.
 Williamstown, Mass.
 J. E. Bullock
 18 Tufts16
 24 Wesleyan10
 21 Amherst11
 63 (3-0-0) 37

Wisconsin, U. of
 Madison, Wis.
 George Martin
 25 Chicago11
 20 Nebraska10
 11 Michigan18
 15 Iowa13
 23 Northwestern8
 3 Minnesota23
 19 Wheaton15
 116 (5-2-0) 94

Wyoming, U. of
 Laramie, Wyo.
 Everett Lantz
 20 Colorado A&M.16
 10 Colorado State.28
 13 Denver17
 18 Colorado A&M.16
 13 Colorado State.21
 19 Denver10
 93 (3-3-0) 108

Yale U.
 New Haven, Conn.
 John R. O'Donnell
 14 Pennsylvania14
 30 Columbia6
 10 Merchant Marine.18
 23 Coast Guard.10
 34 Tufts0
 21 Army11
 26 Princeton0
 30 Harvard0
 188 (6-1-1) 59

13
23
25
23
17
11
23
28
163

20
17
11
10
19
77

Col.
3
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23
3
18
11
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66

Col.
a.
21
MCA.30
29
MCA.23
103

Collegiate Mat Notes

Auburn: This was Auburn's first wrestling team and not a member of the squad had ever wrestled or seen a match before. The outstanding men were James Pate, undefeated heavyweight; Charlie Harris, Tony Martinez and Tom O'Connor.

Army: Bob Land retained his 175 pound title for the second successive year and Ralph Raabe, competing for the first time, won the 121-pound class as Army threatened an overwhelmingly favorite Navy mat team in the intercollegiates.

Coast Guard: A very successful season with Bob Gershkoff, 128 pound Eastern Intercollegiate champ of 1945 the outstanding performer, winning four dual meet matches.

Colorado State: Won the Colorado Intercollegiate championship and Rocky Mountain Conference title. Outstanding wrestlers were Fleiger, Yamaski, Klune and Shaw.

Cornell: Finished third in intercollegiates with 19 points, two astern of Navy. Erie Miller, 145 pounds, and heavyweight Forbes Brown won their class matches.

Denver: Wrestling was resumed after a four year layoff. Competition was poor and many of the men inexperienced.

Duke: Tied with North Carolina for Southern Conference championship. Dick Hay and Bill Leitzinger were undefeated during the season, and Alex Stork and Lynn Dellenbarger lost only one match apiece.

Georgia Tech: The second year of wrestling for the Engineers. John James, 121 pounds, had an undefeated season.

Illinois Normal: A late start and only three dual meets.

Illinois: Won Big Ten championship with 31 points. Lou Kachiroubas, 128, Dave Shapiro, 165, and Norman Anthonisen, 175, won their respective title matches. Finished third in the NCAA with Shapiro winning the 165 pound title.

Iowa State Teachers: Teachers College wrestlers won three firsts and took a second in the NCAA tournament. Gerald Leeman, sophomore, won the national title in the 128-pound class and was chosen the outstanding wrestler of the meet. Cecil Mott, senior, captured the 121-pound crown while Bill Kell, sophomore, won the 145-pound title. Russell Bush was runner-up in the 136-pound class. Leon Martin, 175, was undefeated in dual meet competition and compiled 21 victories against one loss in his collegiate career.

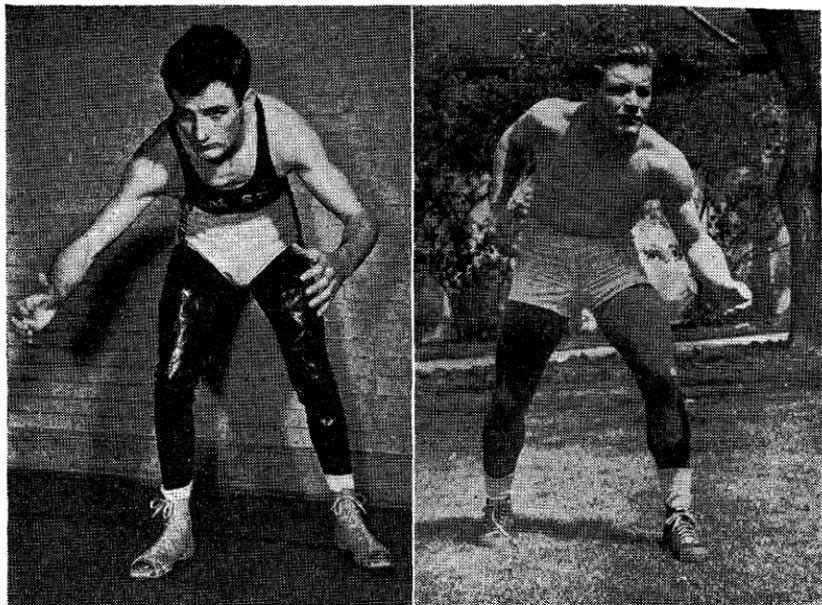
Iowa: Rometo Macias, 128-pounder, completed his third season without a defeat in a dual meet intercollegiate bout.

Loyola: Returning to competition after three years, a student-coach, inexperienced personnel and injuries all made for a weak squad which will be better next season. Frank Meagher won the 165-pound Mason-Dixon Conference title.

Michigan State: Won the Michigan AAU championships and placed three men in the NCAA championships. Best wrestlers were Gale Mikles, Iggy Konrad and Cliff Fletcher.

N.C. (Appalachian) Teachers: Most outstanding man was Captain Jimmy Reese. A stronger team is expected next season.

Ohio State: George Bollas won Big Ten and NCAA heavyweight titles.



LOCAL LIGHTS: Leo Ford (left), was the outstanding matman for the University of Denver. Penn State's Sam Henry (right), won the Coaches Trophy in the Eastern Intercollegiate Tournament.

Oklahoma A&M: NCAA champions, capturing two first and three seconds. Dave Arndt, 136, and George Dorsch, 175, won their respective bouts, and Edgar Welch, 145; Jack St. Clair, 155, and George Walker, 165, were runners-up.

Penn State: Sam Harry, returned veteran, was unbeaten in dual competition and was voted the most valuable wrestler at the 1946 Eastern Intercollegiate. Grant Dixon was 155-pound champion.

Pa. (Lockhaven) Teachers: Won the Middle Atlantic State AAU championship. John Mullins finished season undefeated. Tony Verga and John Palmer other outstanding wrestlers.

Purdue: For the first time in five years Purdue failed to finish one-two in the Big Ten championships. Mike Rajcevich took runner-up honors in the 175-pound division.

Swarthmore: Don Kelley, 155, and George Robertson, heavyweight, didn't lose a collegiate bout.

UCLA: A poor year for UCLA who tackled more experienced foes. Only man with previous experience was Abe Greenbaum, former 145-pound Pacific Coast Junior AAU champ.

Wheaton: Ladoit Stevens, with 36 points, won the trophy awarded annually to the Wheaton competitor compiling the greatest number of points in collegiate matches.

Williams: Won Little Three title, defeating Wesleyan and Amherst.

Wyoming: Beat Denver to capture the Big Seven (Eastern Division) championship. J. Henry Mangus won his second conference championship by six straight falls in the 128-pound class. Jay Partridge won five without a loss in the 136-pound class.

Yale: First time in Eli wrestling history that both Harvard and Princeton were shutout.



NCAA CHAMPIONSHIPS

The 1947 National Collegiate Wrestling Championships will be held at the University of Illinois on March 27 and 28, 1947.

REVIEWS
OF
1946 COLLEGIATE SEASON

Long Island Wrestling

This year found many Long Island coaches returning from the service to resume wrestling programs that had been curtailed during the war years. Two tournaments, one clinic and the usual dual meet programs were included in the winter's activities. Baldwin snapped Mephams' undefeated streak on the 101st trip to the mats. The tournaments found Mephams retaining the South Shore and Long Island championship.

The SSAL individual champions were:

104 lb. class.....	Octavius Vizzi, Baldwin
113 lb. class.....	Richard Green, Mephams
121 lb. class.....	Robert Gerbino, Central
128 lb. class.....	Steve Chohany, Oceanside
134 lb. class.....	Walter Sheffield, Mephams
139 lb. class.....	Robert Mahoney, Mephams
146 lb. class.....	Reginald Jones, Baldwin
155 lb. class.....	Eric Erickson, Mephams
166 lb. class.....	William Taussig, Long Beach
Heavyweight.....	Donald Berndt, Baldwin

The Long Island tourney individual champions were:

104 lb. class.....	Octavius Vizzi, Baldwin
113 lb. class.....	Richard Green, Mephams
121 lb. class.....	Robert Gerbino, Central
128 lb. class.....	Robert Bury, Mephams
134 lb. class.....	Robert Kinne, Amityville
139 lb. class.....	Robert Mahoney, Mephams
146 lb. class.....	Eric Erickson, Mephams
155 lb. class.....	Ralph Jansson, Central
166 lb. class.....	James Dowling, Bay Shore
Heavyweight.....	Donald Berndt, Baldwin

Illinois High School Wrestling

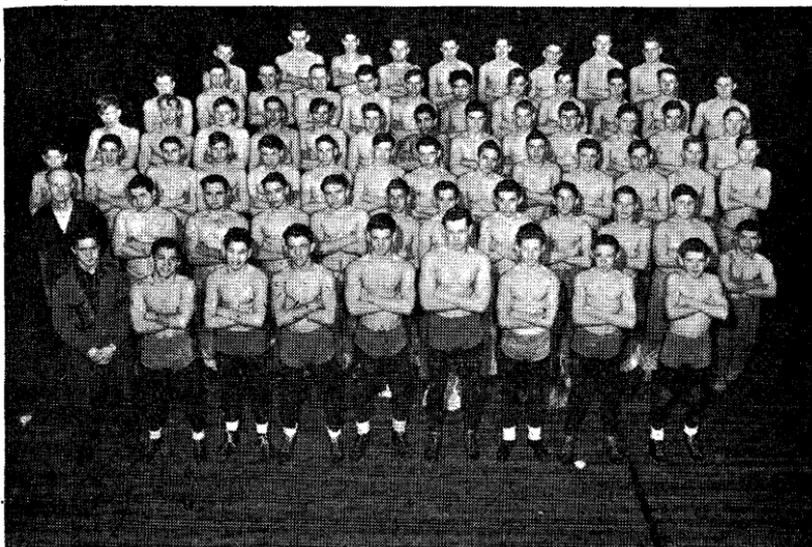
Both the quality of wrestling and the balanced strength of the teams from all parts of the state was excellent. The State Tournament of the University of Illinois March 1 and 2 was the most closely contested meet ever held there.

Team Scores: Tilden (Chicago) 19; Urbana 18; Proviso (Maywood) 17; Champaign 13; Rock Island 12; Pekin 12; Granite City 10; Thornton 6; Lane (Chicago) 6; Crane (Chicago) 5; LaGrange 3; Morton (Cicero) 3; Danville 2; Parker (Chicago) 2; Hirsch (Chicago) 2; New Trier 2; Anderson (Chicago) 1.

Twenty-three schools were represented in the meet—all but five scoring points.

INDIVIDUAL CHAMPIONS

103 lb. class.....	Don Chaplain, Urbana
112 lb. class.....	Lou Merzian, Granite City
120 lb. class.....	Norman Shelton, Pekin
127 lb. class.....	Joe Patacsil, Tilden Tech
133 lb. class.....	Don Plestina, Tilden Tech
138 lb. class.....	Don Well, Champaign
145 lb. class.....	Peter Wilson, Proviso
165 lb. class.....	Jerome Dasso, Rock Island
Heavyweight.....	Joe Rockwood, Thornton



ILLINOIS HIGH SCHOOL CHAMPS: Left to right, first row—Budzinski (manager), Patacsil, Costanza, Plestina, Klausegger, Dahlin, Kittay, Romanowski, Ferguson; second row—Hicks (coach), Colombo, Morande, Marchert, Schmutde, Kemp, Romanowski, Fitzpatrick, DeLott, McNeley, D'Amico, Varjabadian; third row—Mathius, Pote, Rubin, Umholtz, R. Weick, Michard W. Weick, Dolemba, Hook, Vlamis, Zessemos, Unger, Podlasinski, Moszkoski; fourth row—Slaney, Vogel, Bennett, Melonas, Swazes, Krenn, Patch, Melonas, D. Sell, Ross, W. Sell, Karopulus, Huebener; fifth row—Byrnes, O'Connell, Grzeskiewicz, Scichowski, Rehak, Niep, Cheung, Roeske, Bajcar, Vegazo, Kozan, Savage; sixth row—Foy, Henriksen, Dwyer, Boquist, Roye, Sawicky, Wujcik, Lapinski, DeMent.

Double this number of schools took part in the 4th District tourneys. A new surge of wrestling interest is expected with the return of coaches from the service.

Tilden, winner of the State Meet, went on to win the Chicago Championship for the 17th time in 19 years.

SECTIONAL WINNERS

Winner and Section: Rock Island (Joliet), Proviso (Morton), Tilden (Chicago), Champaign (Champaign).

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Indiana High School Wrestling

By CLIFFORD R. MYERS

Athletic Department, Bloomington High School

Wrestling in Indiana carried on splendidly through the war years, and 1946 marked a return to pre-war popularity. This interest was marked by a sharp increase in attendance at both dual meets and tournaments.

The North Conference Tournament was held on February 8 and 9, with Roosevelt of East Chicago winning the championship followed by Washington of East Chicago, George Rogers Clark of Hammond, and Hammond Tech.

On the following week-end 12 schools participated in the Indiana State High School Invitational Wrestling Tournament. This was held at Purdue University with Jefferson High of Lafayette acting as host school. In one of the most closely contested tournaments on record, Bloomington High nosed out Muncie Central by one point in the final match.

Team Scores: Bloomington 42; Muncie Central 41; Washington East Chicago 34; Southport 28; Roosevelt East Chicago 27; Crawfordsville 13; Marion 13; George Rogers Clark 3; Howe Military Academy 2; Jefferson of Lafayette, Merrillville and Hammond Tech, all 0.

INDIVIDUAL CHAMPIONS

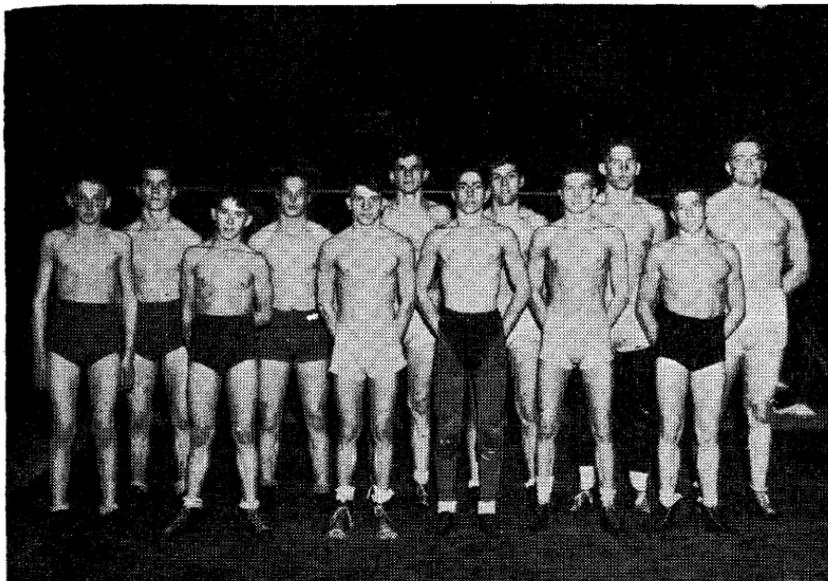
95 lb. class.....	Perkins, Muncie Central
103 lb. class.....	King, Muncie Central
112 lb. class.....	Stewart, Bloomington
120 lb. class.....	Sangalis, Roosevelt, E. Chicago
127 lb. class.....	Popovich, Washington, E. Chicago
133 lb. class.....	Lax, Washington, E. Chicago
138 lb. class.....	Lyon, Bloomington
145 lb. class.....	Finley, Bloomington
154 lb. class.....	Reason, Muncie Central
165 lb. class.....	Wenzal, Washington, E. Chicago
175 lb. class.....	Zachary, Crawfordsville
Heavyweight.....	Wood, Muncie Central

Interscholastic Wrestling in Kansas

For the third successive year grapplers from Wichita East showed wrestlers from the rest of the state some of the finer points of the sport as the Blue Aces romped off with the state championship at Salina on February 22 and 23.

With competition expanded to include a dozen weight divisions, East wrestlers scored a grand slam of the heavier weights to win six individual titles.

The defending champs added one second and two third places to their collection for a total of 50 points. Salina was second with 30, Norton third with 27 and Oberlin fourth with 26. Other team scores were: Wichita North 21, St. Francis 17, Goodland 7, and St. John's of Salina 1. Abilene, Colby and Topeka had entries but did not score.



KANSAS HIGH SCHOOL STARS: *Left to right, first row—Mulder, Norton, Neville, St. Francis, Winders, Wichita East; Aronis, Wichita North; Hays, Wichita East; Furtick, Salina; second row—Sanderson, Sides, Norton; Sourbeer, Wells, McAllister, Wichita East; Weiters, East*

INDIVIDUAL CHAMPIONS AND PLACE WINNERS

Division	Champion	Second	Third
95 lb.....	Mulder, Norton	Mills, St. Francis	Brockelman, Salina
103 lb.....	Neville, St. Francis	Porter, Salina	Soden, Goodland
112 lb.....	Winders, East	Cooper, North	Witt, Oberlin
120 lb.....	Aronis, North	Fanning, East	Van Pelt, Oberlin
127 lb.....	Hayes, East	Sanborn, Salina	Mines, Oberlin
133 lb.....	Furtick, Salina	Chambers, Oberlin	Bechtel, East
138 lb.....	Sanderson, Norton	Barnett, Oberlin	Batchelor, North
145 lb.....	Sides, Norton	Olson, Oberlin	Park, East
154 lb.....	Sourbeer, East	Vernon, Oberlin	Taylor, Norton
165 lb.....	Wells, East	Stewart, Salina	Milner, Norton
175 lb.....	McAllister, East	Edmiston, Salina	Solomon, North
Heavyweight..	Writes, East	Raile, St. Francis	Romero, North

Scholastic Wrestling in Nebraska

By **VERNON EK FELT**

Coach, Omaha Central High School

High School wrestling was again carried forward chiefly by the high schools of Omaha. Competition was keen, interest ran high and the season was considered very successful. As in the past, Nebraska used 12 weight classes.

The state tournament was again held at Omaha Central and won by the same school for the third straight year after a down the wire battle with Omaha Tech, Central edging the Techmen by one point—53 to 52. The championship was not decided until the tournament's final match.

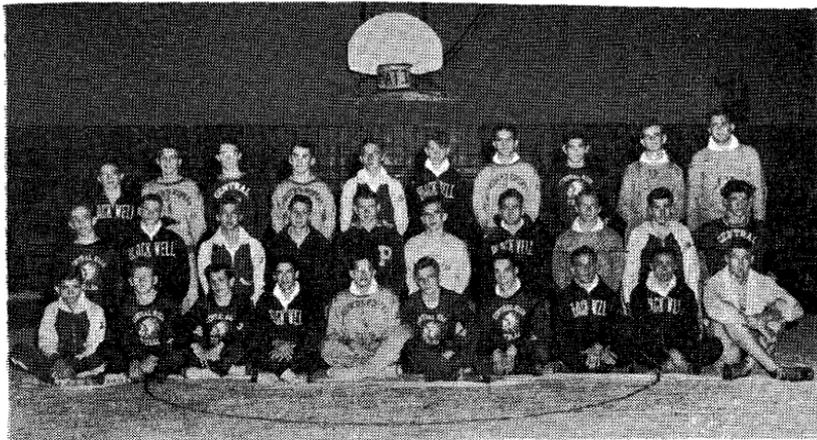
Competition during the season continued through the Omaha, Nebr.-Council Bluffs, Ia., intercity league which engaged in a double round robin schedule. Thomas Jefferson High of Council Bluffs dethroned Omaha Central who had been champions for two years, and who had run a victory string to 20. With the war over and many of the team's members underclassmen, wrestling in this section is expected to boom in 1947.

NEBRASKA STATE CHAMPIONS

85 lb. class.....	Eugene Svagera, South
95 lb. class.....	Frank Giglto, Tech
105 lb. class.....	Rich Mascarello, South
112 lb. class.....	Dean Kelly, Tech
118 lb. class.....	Sam Lopina, Tech
124 lb. class.....	Dan Vermillion, South
130 lb. class.....	Ed Moses, Central
136 lb. class.....	Louie Garrotto, Central
145 lb. class.....	Jack Slovek, South
155 lb. class.....	Dave Mackie, Central
165 lb. class.....	Russ Lindeman, Omaha
Heavyweight.....	Herb Reese, Central



TOPS IN NEBRASKA: Omaha Central High School wrestlers who won the state championship. Left to right, first row—Mackie, Beber, Ekfelt (coach), Evans, Garrotto; second row—Bauer, Nyberg, Nirgro, Ostronic, Bovee, Bates, Nystrom; third row—Ries, Crane, H. Reese, R. Reese, Pisasale, Sullivan (manager).



OKLAHOMA HIGH SCHOOL GRAPPLERS: Left to right, first row—Champions: Borders, Curry, McDonald, Patrick, Alverson, Jones, Wamsley, Hardin, Gregson, Simmons; second row—Runners-up: Fowler, Collyar, McAllister, Ford, Grimes, Eckles, Goodale, Flesner, Paysinger, Mitchell; third row—Third Place Winners: White, Keys, Williams, Todd, Iglehart, Johns, Wyrick, Moore, Griffith, Tucker.

Oklahoma High School Wrestling Tournament

The Oklahoma High School Wrestling Tournament was held February 22 and 23, at Tulsa Daniel Webster High School Gymnasium. This was the first time in the history of interscholastic wrestling in Oklahoma that the state tournament had been held in Tulsa. The fact that more than 5,000 fans attended the tournament is indication of its popularity here.

Sixteen schools entered 112 boys in Oklahoma's finest wrestling tournament. The tournament was well managed, the officiating well done, and there was fine cooperation on the part of coaches and participants. The brand of wrestling, the condition of the wrestlers, and the sportsmanship were outstanding.

Although no official team championship was awarded, Blackwell gathered 35 points by winning three individual championships, two second places, two third places and scoring 12 falls to top the field of teams entered. Tulsa Central followed closely with 30 points by virtue of winning four individual championships, one second place, one third place and scoring six falls.

Archie Curry of Tulsa Central successfully defended the title he won in the 1945 tournament at Blackwell. Bob Tucker of Stillwater, the only other returning champion, dropped to third place in the heavyweight class.

INDIVIDUAL CHAMPIONS

103 lb. class.....	Bill Borders, Tulsa Daniel Webster
112 lb. class.....	Arlie Curry, Tulsa Central
120 lb. class.....	Gene McDonald, Tulsa Central
127 lb. class.....	Terrance Patrick, Blackwell
133 lb. class.....	Ray Alverson, Tulsa Will Rogers
138 lb. class.....	Sandy Jones, Tulsa Central
145 lb. class.....	Jack Wamsley, Tulsa Central
154 lb. class.....	David Hardin, Blackwell
165 lb. class.....	Jim Gregson, Blackwell
Heavyweight.....	Richard Simmons, Seminole

Team Scoring: Blackwell 35; Tulsa Central 30; Tulsa Webster 15; Tulsa Rogers 14; Oklahoma City Central 6; Seminole 6; Geary 5; Perry 5; Stillwater 5; Bristow 1; Cleveland, Edmond, Paul's Valley, Ponca City, Putman City and Wewoka, all 0.

High School Wrestling in Southern California

By FRANK CROSBY

Wrestling in high schools of Southern California for the 1945-46 season was featured by the extensive scope of amateur wrestling in San Diego, and the increase in participation as well as quality of wrestling in Imperial Valley.

Due to the return of war veterans to San Diego State College and the addition of Boys' Club and Vocational School as centers of wrestling activity, two outstanding city-wide tournaments were staged in San Diego. A novice tournament was held for newcomers only, followed by a senior tournament for all amateurs. More than 100 wrestlers competed in each tournament to make 1946 the most extensive and successful season in San Diego history.

The Southern California Interscholastic Federation Wrestling Tournament was staged very successfully at El Centro in Imperial Valley on March 16, which is the first time the tournament was held there in 21 years of CIF tournament wrestling. San Diego High School won eight first places and three fourth places to retain the team championship it won last year and complete its second undefeated season. Calexico and El Centro finished second and third respectively as proof of the improved quality of wrestling in Imperial Valley.

The following boys repeated as champions:

Captain Jack Sutton of San Diego won his third championship, which is the maximum possibility for boys in a three-year school. Jack is the first San Diego boy to ever accomplish this feat. He won the 95-pound title in 1944, the 103-pound championship in 1945, and successfully defended this title in 1946.

Joe Kelley of San Diego won the 95-pound title in 1945 and the 120-pound championship in 1946.

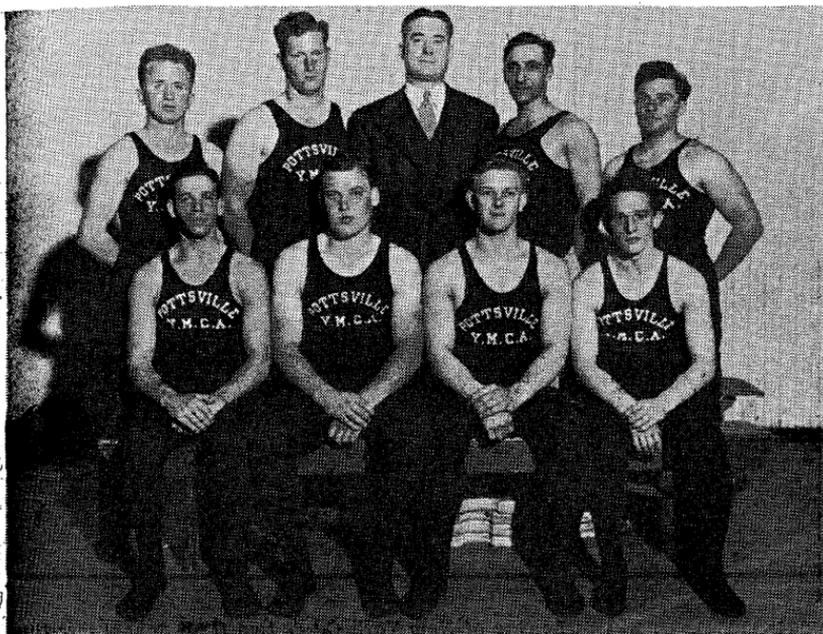
Angel Negrete also of San Diego won the 138-pound championship in 1945 and the 145-pound title in 1946.

Captain Jack Kirkwood of Whittier won the 133-pound title in 1945 and successfully defended the same title in 1946.

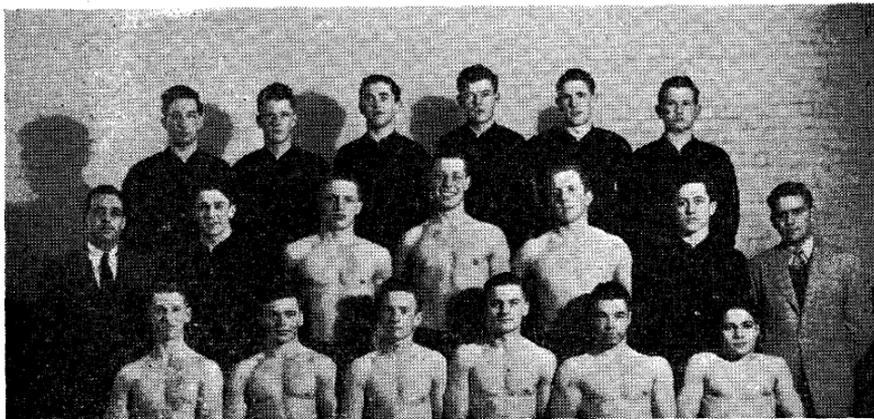
Team Scores: San Diego 61; Calexico 35; El Centro 32; Whittier 28; Kearney 25; Holtville 11; Inglewood 10; S. D. Vocational 4; El Monte 2; Sherman Institute 2; Valencia 0.

INDIVIDUAL CHAMPIONS AND PLACE WINNERS

Division	Winner	Second	Third
85 lb.....	Estrada, San Diego	Ingle, Kearney	Reed, Calexico
103 lb.....	Sutton, San Diego	Robinson, Kearney	Samut, Whittier
112 lb.....	Atkins, Kearney	Dahllig, El Centro	Millsap, El Monte
120 lb.....	J. Kelly, San Diego	P. Shah, El Centro	D. Lakin, Calexico
127 lb.....	J.P. McKim, El Centro	Pina, Calexico	Knight, Kearney
133 lb.....	Kirkwood, Whittier	Linn, Calexico	Strahm, Holtville
138 lb.....	B. Myers, San Diego	Dowe, Calexico	Wheeler, Whittier
145 lb.....	Negrete, San Diego	Hernandez, Whittier	Polos, Calexico
154 lb.....	Burchett, El Centro	Medina, Calexico	Muller, Holtville
165 lb.....	Dierdorff, San Diego	Frantz, Whittier	Draper, Inglewood
175 lb.....	Hansen, San Diego	Thornburg, Whittier	Macias, El Centro
Heavyweight..	Taylor, San Diego	Noe, Calexico	Brooks, Inglewood



POTTSVILLE, PA. YMCA WRESTLERS: Left to right, first row—Maxie Marks, 138 (coach); Hogan, 175; Kasswandic, 165; Hartnett, 121; second row—Bellock, 148; Ruch, 193; Blandford Jones. (Physical Director); Ventresca, 128; Woods, 155.



MT. HERMON BREAK EVEN: Wrestlers for Mt. Hermon School for Boys, Mass., split four meets. Left to right, first row—Marshall, Peckham, Mulcahy (captain), Roy, Cushman, DeAngelis; second row—Campbell (coach), Theg, Ruhl, Shores, MacLean, Ivers, Epstein (manager); third row—Tsesmetji, Lewis, Nair, Norton, Greer, Bundy.



TRINITY HIGH SCHOOL: One of New York City's two High School wrestling squads. Left to right, first row—Kenny, Schafer, Matthews, deHaas, Moolten, Matthews; second row—Schneider (assistant manager), Selly, Thomas, Couden, Scott (coach), Popham (manager); third row—Stavrolokes, Holcombe, Pim, Felter.

COACHES AND OFFICIALS SECTION

Registration of Officials

By BLISS P. SARGEANT, Jr.

Chairman, NCAA Committee on Wrestling Officiating

IN RECENT SEASONS westling officials in the New England district have been required to pass an objective theoretical (written) examination on current wrestling rules, plus a practical examination (officiating before a committee), in order to become a registered official. The results of each individual examination are reviewed by the five members of the Committee for Training and Examining Wrestling Officials in the New England District, and recommendations, based on the results of the examinations, are made to the NCAA Wrestling Rules Committee for final action relative to registration. Approximately 75 per cent of the applicants who have taken the examinations eventually became registered.

Most of the colleges, private schools and high schools in New England are now using only registered officials for all regular meets. In an attempt to keep a constant check on the quality of officiating in the district, opposing coaches have been asked to file a rating report on each referee at a central office immediately after a meet. This phase of the plan needs further co-operation from the coaches if the program is to work successfully, for many coaches have neglected to mail these standard rating reports to the committee.

Annually, each official is required to attend the district rules interpretation meeting and also maintain a minimum average rating (per coaches' reports) of 85% in order to retain automatically his registration; otherwise he is required to requalify for registration by again submitting to the examination program outlined above.

One factor which continues to cause a considerable amount of friction between coaches, or athletic departments, and officials is the question of officials' fees and traveling expenses. Most schools want the best officials at the lowest fee possible, and, likewise, most officials are seeking the highest paying officiating positions. The New England committee tried to cope with this situation by recommending the following standard fees and traveling expenses:

Type of Meet	Fee	plus Traveling Expenses
College Varsity dual meet	\$10.00	12c per mile (one way)
College Freshman dual meet	7.50	12c per mile (one way)
Combination College Varsity and Freshman dual meet	15.00	12c per mile (one way)
High School and Private School dual meets	7.50	12c per mile (one way)

It is very difficult to obtain the co-operation of all educational institutions, especially when a budget problem is involved; hence, the above recommendation did not meet with the approval of all schools and the problem is still with us. It is my belief that as soon as some equitable standard of fees, agreeable to both athletic departments and officials, is established and maintained, another difficult problem which has been a constant irritant will be nearer a happy solution.

Tips For Officials

By BLISS P. SARGEANT, Jr.

Chairman, NCAA Committee on Wrestling Officiating

LET US ASSUME the point system is here to stay. Our experience with this system last year convinced many of us that it has improved wrestling, but the fact still remains that the official is in a position to improve the sport further from the officiating angle if he will keep the following suggestions in mind:

(1) Be on hand about one hour before the time the meet is scheduled to begin in order to check on all necessary details. This includes such items as inspection of mats and watches, checking with timers and scorers, meeting with coaches and contestants, changing clothes, etc.

(2) Know the wrestling rules and their proper interpretations and enforce them to the best of your ability.

(3) Know and use the NCAA Wrestling Officials' Code of Signals. Consistency among referees in the use of signals has been requested repeatedly by wrestlers, coaches, spectators and by officials themselves.

(4) When awarding points in a match wait until the points have actually been scored before giving the signal. Many officials have a tendency to award points too quickly; this is especially true when awarding points for a near-fall.

(5) Seek suggestions from qualified persons who have observed you in action and make an effort to improve your officiating technique.

(6) Remember, to command the respect and co-operation of all concerned, the referee must have complete charge of the meet.

(7) Check with the coaches and wrestlers, both before and after the meet, to clear up any doubtful points which may exist. Such clarification lends itself to better officiating.

(8) Wrestling officiating is a profession, hence you should dress appropriately for the occasion. The following is suggested:

WRESTLING OFFICIALS' ATTIRE*

The suggestions made above are not the only factors to consider in officiating a wrestling match. They are, however, the main points which a good official should bear in mind if he is to keep abreast of the sport and seek for continued improvement in his officiating.

- (a) Shirt—White, open collar, sleeves rolled above elbows.
- (b) Trousers—Long, white.
- (c) Belt—Black.
- (d) Socks—White.
- (e) Sneakers—Low, white.
- (f) Coin—Silver dollar.
- (g) Sweater—Dark, medium weight.

* Freshly laundered for each meet.

The Coach and The Rules

By B. F. MOONEY

Wrestling Coach, Ohio State University

Organized society has found that certain rules and regulations are necessary for the common good because there are a few individuals who need to have their behavior regulated, as they lack the capacity for self-direction.

The coaching profession has found it necessary to formulate rules and regulations to govern conduct in games and sports. Rules are necessary in order to control the behavior of the contestants according to accepted standards. An amateur athletic contest is more than making touchdowns or receiving falls. It is an experience where individuals have the opportunity to learn to be honest or dishonest, to take an unfair advantage or not to take one, to fight out of a tough situation or to take an easy way out. Habits of behavior are developed in youth and, in general, adults behave according to their training in youth. Consequently, rules are necessary because they control the individual and the environment so that the desired behavior reactions will take place.

In wrestling, the rules reward that type of behavior which is sportsman-like and they penalize that which seeks an unfair advantage. The immediate aim of the rules is to encourage falls by aggressive wrestling; the remote aim is to develop honorable and "high class" citizens. The rules have been made to realize this aim and if they do not accomplish this, then they should be changed. However, until there are better rules, the present rules should be enforced strictly and impartially.

The strict enforcing of the rules by the referee is not only important, but it is necessary if the sport is to live. The referee is the leader and his bearing is quickly sensed by the contestants. He may either emanate a spirit of confidence and respect or radiate a sense of insecurity and indecision. He can control a wrestling contest without antagonizing the competitors with a deluge of penalties. He can minimize "on the edge of the mat" decisions by encouraging wrestling in the center of the mat. He can create wrestling situations in the early stages of the match and avoid the confusion which is sometimes caused by extra period bouts where the points are even. The referee can make or break a wrestling match.

The majority of wrestlers want to wrestle, but there are a few who need to be penalized in order to make them improve their position. For the most part, the coaches are gentlemen and they appreciate a strict and consistent enforcement of the rules. It is quite natural for a coach to believe that his boy was "robbed" in a close decision. However, one must realize that the "vener" is thin and that often one's hasty opinions are prejudiced and that all the facts of the situation have not been considered.

In general, wrestlers and coaches are "high class" people, but they have their human weaknesses like every one else. They should all strive to be tolerant and respectful to each other and endeavor to see the other fellow's point of view before forming opinions. With this attitude, wrestling will continue to grow and maintain the high standing among other sports which it so justly deserves.

Wrestling Coaches Association

By RAYMOND SWARTZ

Secretary-Treasurer, American Amateur Wrestling Coaches Assn.

The American Amateur Wrestling Coaches Association is eagerly looking forward to a post war popularity in wrestling greatly exceeding the pre-Pearl Harbor years. The value and usefulness of wrestling so clearly demonstrated in this global war in conditioning our fighting men is being carried over into peacetime programs by high schools and colleges all over America. School officials everywhere are already employing wrestling instructors by mail before they have been released from service. I have received many inquiries from schools and colleges about wrestling equipment, coaches, schedules and other information necessary to the promotion of interscholastic, intercollegiate and intramural wrestling in the post war period.

The Association urges all athletic directors who are working on their post war athletic program to allow for an expansion in wrestling unheard of before in the history of the sport.

NCAA Wrestling Films

The movies of the National Collegiate Wrestling Tournament may be secured by writing to the Central Office of the National Collegiate Athletic Association, Hotel Sherman, Chicago, Ill. The movies will be distributed and may be secured without rental fee, the cost being transportation to and from the Chicago office. Of course, it will be necessary to abide by their regulations concerning their use.

Roster of Officials

FIRST DISTRICT (NEW ENGLAND)

Alderton, Ralph G....320 Grand St., Providence, R. I.
Cole, Richard K.....60 Taft Avenue, Providence, R. I.
Engel, John A.....604 Fairfield Avenue, Stamford, Conn.
Finger, Frank W.....Brown University, Providence, R. I.
Grant, Donald.....Springfield College, Springfield, Mass.
Klein, Arthur.....692 Parker St., Roxbury, Mass.
Knowles, William.....Springfield College, Springfield, Mass.
Kodis, Victor.....84 Beacon Avenue, Holyoke, Mass.
Leathers, Roger K.....Oaklawn, R. I.
Pennock, E. W.....Springfield College, Springfield, Mass.
Rae, Thomas.....70 Granby Road, South Hadley Falls, Mass.
Ricks, Jay E.....Route No. 1, Ware, Mass.
Ruggeri, Samuel.....118 Marble St., Stoneham, Mass.
Sargeant, Bliss P., Jr..Springfield College, Springfield, Mass.
Meyer, Robert V.....181 Seituete St., Arlington, Mass.

SECOND DISTRICT (NEW YORK, NEW JERSEY, PENNSYLVANIA, DELAWARE, WEST VIRGINIA)

Appleton, Lloyd O.....U. S. Military Academy, West Point, N. Y.
Bishop, Ben.....Bethlehem, Pa.
Bishop, W. Austin.....Univ. of Pennsylvania, Philadelphia.
Bohn, Dr. J. Lloyd.....2444 West 78th Ave., Philadelphia, Pa.
Cann, W. E.....Supervisor Phy. Educ., Public Schools, Elizabeth, N. J.
Charon, Ben.....Broad Street, Y.M.H.A., Philadelphia, Pa.
Dickenhoff, Charles B..Dormont Public School, South Hills Branch, Pittsburgh.
Finkelman, Dr. Ellis..6218 Wayne Ave., Philadelphia, Pa.
Gallagher, Clifford J..Lafayette College, Easton, Pa.
Grebos, John.....510 North Ave., Wilkinsburg, Pa.
Hock, Anthony.....High School, Kingston, Pa.
Holobaugh, S. S.....Manheim, Pa.
Horn, George G.....215 East Penn St., Germantown, Pa.
Horner, Frank.....508 West 114th St., New York City.
Jenness, E. L.....Univ. of Pennsylvania, Philadelphia, Pa.
Johnson, Howard.....Pennsylvania State College, State College, Pa.
Kling, Lynn W.....1443 Hillsdale Avenue, Dormont, Pittsburgh, Pa.
Lehman, W. B.....Cheltenham High School, Elkins Park, Pa.
Lewis, R. B.....1324 Prospect St., Bethlehem, Pa.
Loeser, E. M.....404 Westfield Ave., Elizabeth, N. J.
Morton, Lt. D. W.....17 East Albermarle Ave., Lansdowne, Pa.
Newhart, Charles.....High School, Parkersburg, W. Va.
Osterman, J. K.....442 E. Catherine St., Chambersburg, Pa.
Phillips, Harold.....1233 Chew St., Allentown, Pa.
Quimby, Neal F.....64th St. and Malvern Ave., Philadelphia, Pa.
Rawley, Palmer E.....151 Madison Ave., Hasbrouck Heights, N. J.
Reimer, George E.....Cornwells Heights, Pa.
Ringler, Donal W.....Union High School, Union, N. J.
Rymer, Ralph W.....222 West Montgomery Ave., Haverford, Pa.
Saltzman, William Y..6725 Sydenham St., Philadelphia, Pa.
Sapora, Joseph.....City College of New York, New York, N. Y.
Sargeant, Bliss J., Jr..Claremont Res. Club, 140 Claremont Ave., New York, N.Y.
Schwartzwalder, Floyd High School, Parkersburg, W. Va.
Shanker, M. W.....33 Crook Ave., Brooklyn.
Smith, Charles.....Swarthmore, Pa.
Smith, Charles S.....7320 Anster St., Forest Hills, Long Island, N. Y.
Spitler, Paul.....517 West 16th St., New York, N. Y.
Storey, Edward J.....Mamaroneck Schools, New York.
Thrust, Murl.....New York A.C., New York, N. Y.
Voliva, Richard.....State Teachers College, Montclair, N. J.
Williams, T. Ralph.....High School, Roselle Park, N. J.
Wolcott, Mark W.....3733 Spruce St., Philadelphia, Pa.
Wolfgang, Roy W.....419 Elizabeth Manor, Upper Darby, Pa.

THIRD DISTRICT (SOUTHERN STATES AND INCLUDING MARYLAND AND DISTRICT OF COLUMBIA)

Bailey, W. F.....Physical Director, High Point YMCA, High Point, N. C.
 Barnes, Sam.....Lexington, Va.
 Brill, Gordon.....Baltimore, Md.
 Crooks, James.....Harmony, N. C.
 Fields, A. T.....U. S. Naval Academy, Annapolis, Md.
 Henson, Stanley.....U. S. Naval Academy, Annapolis, Md.
 Jackens, Buck.....Barium Springs, N. C.
 Johnston, Robert M...Box 548, Blacksburg, Va.
 Kozlowski, Raymond J.1701 Montpelier St., Baltimore (18), Md.
 Mathis, Archie.....Lexington, Va.
 Morrah, Dave.....Greensboro, N. C.
 Quinlan, P. H.....Chapel Hill, N. C.
 Schwartz, Ray.....U. S. Naval Academy, Annapolis, Md.
 Sanders, E. T.....Box 549, Burlington, N. C.
 Watkins, Red.....State Teachers College, Boone, N. C.
 Woodward, William...13 Edmondson Ave., Lexington, Va.

FOURTH DISTRICT (ILLINOIS, INDIANA, MICHIGAN, MINNESOTA, WISCONSIN)

(Ohio officials listed separately.)

Anderson, John.....c/o Goodrich Sales, Racine, Wis.
 Aronson, Morris.....413 S. Franklin, South Bend, Ind.
 Barton, George.....Daily News, Minneapolis, Minn.
 Baus, Harvey.....Whitehead & Kale Construction Co., Detroit, Mich.
 Brown, Wes.....Northwestern University, Evanston, Ill.
 Collins, Fendley.....Michigan State College, Lansing, Mich.
 Devine, Pat.....Indiana University, Bloomington, Ind.
 Gillum, O. C.....Bedford, Ind.
 Haase, Randolph.....Appleton Post-Crescent, Neenah, Wis.
 Jones Bob.....Central High School, South Bend, Ind.
 Kallas, J. G.....345 South Wabash Ave., Chicago, Ill.
 Keaton, Walter B.....514 North Harrison Street, Rushville, Ind.
 Keen, Clifford.....University of Michigan, Ann Arbor, Mich.
 Law, G. C.....University of Illinois, Urbana, Ill.
 Ledderman, Lawrence.1116 West Walnut St., Milwaukee, Wis.
 Martin, George A.....University of Wisconsin, Madison, Wis.
 McCauley, L. C.....Granite City, Ill.
 Parker, Ray.....High School, Fordson, Mich.
 Pinneo, Geo. M.....Sheldon, Ill.
 Righter, Pat.....Boys' Club, Dearborn, Mich.
 Shave, Ed.....University of Illinois, Urbana, Ill.
 Robertson, Port.....Civic Center, Hammond, Ind.
 Sabora, Allen.....University of Michigan, Ann Arbor, Mich.
 Scott, A. B.....St. Paul Daily News, St. Paul, Minn.
 Tatum, John R.....406 East 51st St., Indianapolis, Ind.
 Thomas, Earl.....332 South LaSalle St., Chicago, Ill.
 Vorres, John.....Chicago, Ill.
 Vorres, Syros.....University of Chicago, Chicago, Ill.
 Witucki, B.....Washington High School, South Bend, Ind.

OHIO

Ascheuer, Joe.....Outwait Junior High School, Cleveland, Ohio.
 Barno, Peter S.....Baldwin-Wallace College, Berea, Ohio.
 Begala, Joe.....Kent State University, Kent, Ohio.
 Blosser, Kermit.....South High School, Columbia, Ohio.
 Bobenmeyer, R. S.....Garfield Heights High School, Cleveland, Ohio.
 Bushea, A. E.....John Marshall High School, Cleveland, Ohio.
 Caldwell, Ed.....Western Reserve Academy, Hudson, Ohio.
 Carter, Nick.....Kent State University, Kent, Ohio.
 Crane Russell.....Ohio University, Athens, Ohio.

Fish, Oren.....	East High School, Cleveland, Ohio.
Gillum, Alden.....	417 Longmere Drive, Kent, Ohio.
Graven, B.....	Euclid Central High School, Euclid, Ohio.
Griffith, Lloyd.....	West Technical High School, Cleveland, Ohio.
Hawk, Jr., F. E.....	East High School, Akron, Ohio.
Hummel, D. H.....	Guardian Trust Bldg., Cleveland, Ohio.
Jamison, Hugh R.....	1849 Taylor Rd., Cleveland, Ohio.
Keller, Arch.....	12008 Brighton Ave., Cleveland, Ohio.
Kester, Hal.....	West High School Cleveland, Ohio.
Kraft, Ray T.....	South High School, Cleveland, Ohio.
Leamon, E. H.....	South High School, Cleveland, Ohio.
Littlepage, J. T.....	Twin Lakes, Kent, Ohio.
Lukens, Cleve.....	10 Broad St., Cuyahoga Falls, Ohio
Matthes, Henry.....	University School, Cleveland, Ohio.
Mooney, Bernard.....	Ohio State University, Columbus, Ohio.
Morris, W. A.....	7918 Rosewood, Cleveland, Ohio.
Ness, Ralph.....	Lakewood High School, Lakewood, Ohio.
Norwin, Carter.....	Kent State University, Kent, Ohio.
Olson, Thor.....	Ohio University, Athens, Ohio.
Owens, A. P.....	John Adams High School, Cleveland, Ohio.
Pomerozy, Leonard.....	U. S. Army.
Poroznki, E. L.....	3776 East 71st St., Cleveland, Ohio.
Richards, J.....	317 North Street, Bedford, Ohio.
Scott, Fred.....	Chardon High School, Cleveland, Ohio.
Seedhouse, George.....	Rhodes High School, Cleveland, Ohio.
Sepeta, Ray.....	Kennard Junior High School, Cleveland, Ohio.
Sharer, Claude.....	Case School of Applied Science, Cleveland, Ohio.
Sintic, J. G.....	255 Board of Education Bldg., Cleveland, Ohio.
Sivon, Lynn.....	Ravenna, Ohio.
Span, Marty.....	2619 West 6th St., Cleveland, Ohio.
Swackhamer, C. E.....	Shore School, Euclid, Ohio.
Tabor, Joseph.....	114 University St., Kent, Ohio.
Tanski, Vic.....	8205 Meding Ave., Cleveland, Ohio.
Troyan, Paul.....	Shaker Heights High School, Cleveland, Ohio.
Warfield, Orson.....	West High School, Cleveland, Ohio.
Woodell, Joe.....	Shaker Heights Junior H. S., Cleveland, Ohio.
Vaccariella, A.....	Shore High School, Euclid, Ohio.
Webster, Ralph.....	East High School, Columbus, Ohio.

FIFTH DISTRICT (IOWA, KANSAS, MISSOURI, NEBRASKA, NORTH DAKOTA, SOUTH DAKOTA, OKLAHOMA)

Barnes, Dr. R.....	Cherokee, Ia.
Clapp, Dr. R. G.....	University of Nebraska, Lincoln, Nebr.
Clodfelter, Melvin.....	High School, Ponca City, Okla.
Duncan, Dale.....	Manhattan, Kans.
Firkins, B. J.....	Ames, Ia.
Foreman, Marion.....	Newkirk, Okla.
Griffith, Art.....	Oklahoma A&M College, Stillwater, Okla.
Griffith, Paul.....	Kansas State College, Manhattan, Kans.
Grooms, Clair.....	Davenport, Ia.
Hove, L. W.....	High School, Geary, Okla.
Keen, Paul.....	University of Oklahoma, Norman, Okla.
Kellogg, John.....	Lincoln, Nebr.
Kenehl, Ray.....	University of Kansas, Lawrence, Kans.
Lookabaugh, Guy A.....	Oklahoma City, Okla.
Milam, Joe.....	State Teachers College, Weatherford, Okla.
Norton, Kenneth.....	Colby, Kans.
Patterson, B. R.....	Kansas State College, Manhattan, Kans.
Reynard, Leon.....	Colby, Kans.
Sappington, Guy.....	Columbia, Mo.
Sievers, Harry.....	East Waterloo High School, Waterloo, Ia.
Smith, Gene.....	Central State Thrs. College, Edmond, Okla.

EIGHTH DISTRICT (CALIFORNIA, OREGON, WASHINGTON, IDAHO,
NEVADA)

Ardouin, Louis.....2931 Willow Place, South Gate.
 Berven, Harold.....779 Victoria Ave., San Leandro.
 Bowen, Don.....1760 S. Painter Ave., Whittier.
 Boyle, Lee.....Calexico Union High School, Calexico.
 Bruno, Emilio.....Capt. of Guard, San Quentin Prison, San Quentin.
 Coombs, Mal. G.....Garberville.
 Crosby, Frank.....San Diego High School, San Diego.
 Della-Maggiorie, Sam.....San Jose High School, San Jose.
 Deshaies, Albert.....3927 35th Ave., Oakland.
 Dozier, Don.....145 Kimbark Ave., Whittier.
 Ferguson, Herbert.....4047 Barnes Ave., Oakland.
 Gale, Leland A.....Box 62, Route 1, Woodland.
 Hollingsworth, Cecil.....UCLA, Los Angeles.
 Hunt, M. Briggs.....UCLA, Los Angeles.
 Jensen, Arden.....Solvang.
 Johnson, Robert.....4061 Randolph, San Diego.
 Lambert, Algy.....Kearney High School, San Diego.
 Maddock, Harold.....Berkeley YMCA, Berkeley.
 Mautz, Ferd.....832 Myrtle Ave., Inglewood.
 Mattson, Erwin W.....Acalanes High School, Lafayette.
 Merritt, Philip G.....Central YMCA, San Francisco.
 Moore, Roy.....643 Nectarine, Inglewood.
 Moreno, Manuel.....2728 Island, San Diego.
 Mumby, Ted.....220 Waverly St., Palo Alto.
 Neeley, Virgil.....1634 Brookes Ave., San Diego.
 Nemir, Edgar.....University of California, Berkeley.
 Northrup, M. A.....1371 Fulton St., San Francisco.
 Olson, Ivan.....Vocational High School, San Diego.
 Ortlieb, Craige.....Petaluma High School, Petaluma.
 Park, Douglas.....Olympic Club, Post St., San Francisco.
 Roberts, June.....Washington State College, Pullman, Wash.
 Roper, Ed.....Olympic Club, Post St., San Francisco.
 Richards, Ray.....UCLA, Los Angeles.
 Ritchie, C. M.....100 Pomona Ave., El Cerrito.
 Rush, Melvin.....733 Grace St., Hayward.
 Schneller, Jack.....3015 W. 85th St., Inglewood.
 Shoaf, Ross T.....76 Collingwood St., San Francisco.
 Spencer, G. E.....Central High School, El Centro.
 Stone, Henry A.....374 Vassar Ave., Berkeley.
 Wegner, Walter.....741 N. Pickering Ave., Whittier.
 Wharton, Daniel.....2051 Coolidge St., San Diego.

E. C. GALLAGHER was unquestionably the outstanding wrestling coach in the United States. He produced 50 national champions and 12 championship teams. WRESTLING was published just before his death in 1940. A classic, it has sold over 25,000 copies. It is full of illustrations and Gallagher's own graphic descriptions of holds and other fundamentals. WRESTLING is *required* reading for everyone interested in the world's oldest sport.

The Barnes Sports Library

WRESTLING
by E. C. Gallagher is just one of the volumes in the Barnes Sports Library. Written by experts, these "how-to" books are standard texts on all our popular sports. Liberally illustrated, they are priced at \$1.25. Available at all book or sporting goods dealers or send cash to A. S. Barnes and Company, Dept. JB, 67 West 44th Street, New York 18, N. Y.

THE OFFICIAL WRESTLING GUIDE

OFFICIAL WRESTLING RULES

OF THE

NATIONAL COLLEGIATE
ATHLETIC ASSOCIATION

A. S. BARNES AND COMPANY

NCAA WRESTLING RULES COMMITTEE



B. R. Patterson



Norman J. Daniels



Cliff Keen



Elbert F. Caraway



H. D. Kester



K. H. Swartz



John W. Hancock

NCAA Wrestling Rules Committee

E. R. Patterson, <i>Chairman</i>	Kansas State College
Norman J. Daniels.....	Wesleyan University
Clifford Keen.....	University of Michigan
J. W. Hancock.....	Colorado State College of Education
E. F. Caraway.....	Lehigh University
Ray Swartz.....	U. S. Naval Academy
H. D. Kester.....	National High School Federation

ADVISORY COMMITTEE

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C. W. Mayer.....	Franklin and Marshall
James Dixon.....	Oregon State College
T. V. Dolan.....	Montana State College
L. L. Mendenhall.....	Iowa State Teachers College
Fendley Collins.....	Michigan State College
Arthur Griffith.....	Oklahoma A&M College
R. L. Carns.....	National High School Federation
Major C. J. Gallagher.....	Ath. Div. Spec. Services, Hq. USFET

STANDING SUB-COMMITTEE OF THE NATIONAL COLLEGIATE WRESTLING RULES COMMITTEE FOR 1946-47

Point System

Charles Spiedel, <i>Chairman</i>	Pennsylvania State College
William Sheridan.....	Lehigh University
Harold Cotton.....	Blackwell High School, Blackwell, Oklahoma
J. E. Ricks.....	Massachusetts Institute of Technology
Ross Flood.....	Southwestern Institute of Technology
Wesley Brown.....	Northwestern University

STANDARDIZATION OF WRESTLING OFFICIATING

B. P. Sargeant, <i>Chairman</i>	Springfield College
W. Austin Bishop.....	University of Pennsylvania
D. C. Bartelma.....	University of Minnesota
C. B. Sharer.....	Case School of Applied Science
L. N. Reynard.....	Colby, Kansas
P. H. Quinlan.....	University of North Carolina

GENERAL RESEARCH COMMITTEE

Claude Reeck, <i>Chairman</i>	Purdue University
Raymond Swartz.....	United States Naval Academy
H. A. Stone.....	University of California
H. E. Kenney.....	University of Illinois
Julius Wagner.....	Colorado State College
Allen V. Sapor.....	University of Illinois

College Wrestling Rules

RULE I—ELIGIBILITY

1. Each contestant must be an Amateur as defined in the rules of the National Collegiate Athletic Association and be eligible according to the rules and regulations of the college or university which he represents.

2. In addition to the above, participants in the National Collegiate Athletic Association tournament must represent institutions which are active individual or allied members of the National Collegiate Athletic Association and must conform to the rules of eligibility adopted by the N.C.A.A., to apply to all annual championship meets conducted by this Association. These rules will be printed and explained in the entry blanks for the National Collegiate Wrestling tournament. Representatives of institutions which are included in the Allied Membership of the N.C.A.A. may participate, provided the representatives' institution pays into the N.C.A.A. treasury a fee of \$10.00. In addition to the above, the usual individual entry fee of \$2.00 is charged by the National Collegiate Wrestling Rules Committee.

Note. See Rule 5, Section 4.

3. All colleges, universities and institutions of learning in the United States with acceptable scholastic and athletic standards may be elected to membership in the National Collegiate Athletic Association. To comply with "acceptable *scholastic* standards" the institution must be on the approved list of the accepted accrediting agency of the district in which the institution is located.

An institution is considered as having "satisfactory *athletic* standards" on approval of its standards by a two-thirds majority of the active members of the

Rule 1—Section 3 (Continued)

N.C.A.A. in the Association District in which the institution is located. Further information regarding application for membership may be obtained from the Secretary of the N.C.A.A., Kenneth L. Wilson, Hotel Sherman, Chicago, Ill. At least 30 days should be allowed for the above procedure.

RULE 2—REPRESENTATION

1. An institution shall be represented by only one contestant in each class, but two or more names may be submitted in advance of the date set for the meet.

2. No contestant shall be allowed to compete in more than one class in each meet.

Note. See Rule 5, Section 1D (a), (b), (c).

RULE 3—MATS, ROPES AND COSTUMES

1. The area of the mat shall not be less than 20 feet by 20 feet and a 24-foot by 24-foot mat shall be considered standard.

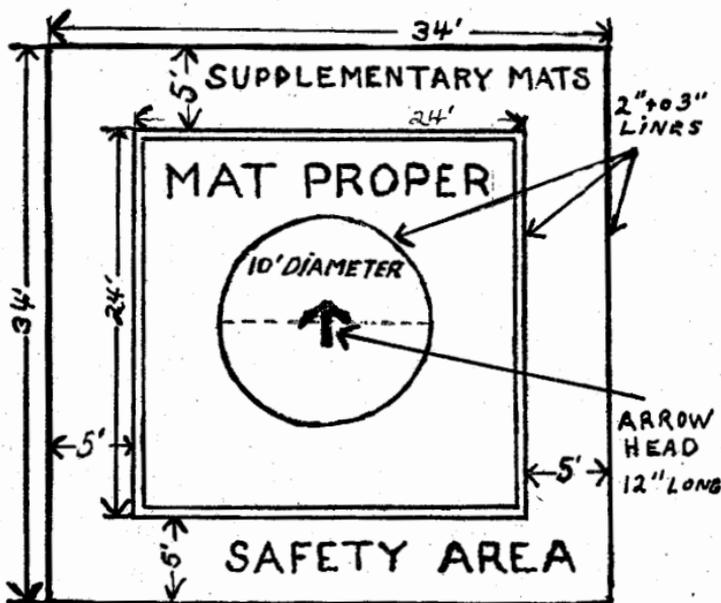
Supplementary mats, 5 feet in width, should extend entirely around the mat proper.

It is recommended for competition and for practice that a cotton flannel mat-cover be provided sufficiently large to cover the mat proper and all supplementary mats and to fold under the edge of the supplementary mats for a distance of at least one foot on all sides. This cover should be stretched tight and should be held in place by horse blanket safety pins, by tape fastening the mat cover to the under side of the supplementary mats, or by lacing the cover underneath the mats. The wrestling mat proper should be marked off on the mat-cover by painted lines two or three inches in width. At the center of the mat proper there shall be similarly painted a circle ten feet in diameter. Whenever the match is started or resumed with contestants in neutral

Rule 3—Section 1 (Continued)

position on the feet the contestants shall be within and on opposite sides of this circle and throughout the match contestants are expected to wrestle within this circle so far as possible. There shall be placed at the center of the cover an arrow head twelve inches long, placed perpendicular to and pointing away from the timer's table and not pointing towards either team. This arrow designates the place where bouts are to start and the direction wrestlers are to face when starting the wrestling from "the referee's position on the mat."

Ropes and Raised Platforms are Illegal
Standard Size Mat



(If other than standard sized wrestling area is used, the safety area should be approximately 5 feet in width.)

2. The uniform shall consist of full length tights, an outside wrestling supporter or close fitting outside short

Rule 3—Section 2 (Continued)

trunks, light heel-less gymnasium shoes laced by means of eyelets, and shirts, if they are required in accordance with the following provision: The home institution shall decide whether shirts shall or shall not be worn; however, the visiting team or teams shall not be required to wear shirts unless they are so notified by the home management at least ten days before the meet. If shirts are worn, they shall be sleeveless; there shall be no fasteners of any sort on the shoulders, and they shall be fastened down at the crotch. (The shirt recommended is the "V" type, fastened underneath the crotch by small hooks and eyes.)

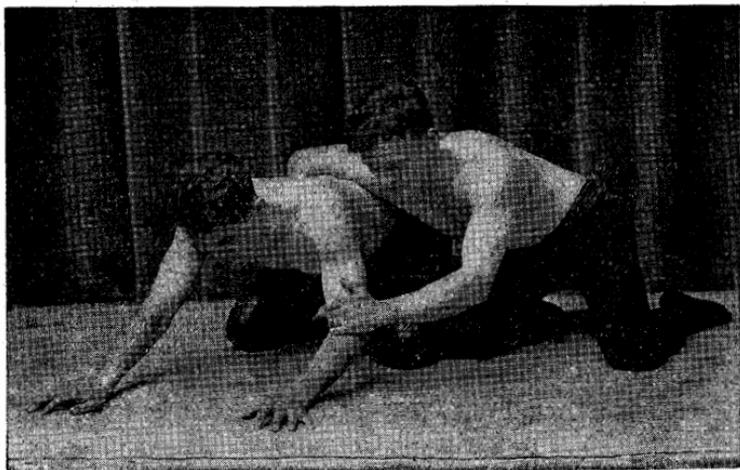
The Wrestling Rules Committee strongly recommends that cotton, gauze and adhesive bandages or soft headgear be used in all practice and competition. All hard headgears are now illegal in competition (even if covered with soft material).

3. It happens occasionally that two contestants look so much alike and are dressed so similarly that it is very difficult for the Referee and spectators to distinguish them. In all dual meets or tournaments, the home management should have immediately available some provision for clearly identifying the contestants. Such provision may be by means of colored anklets, numbers, or any other plan which will accomplish the purpose.

RULE 4—WEIGHT CLASSIFICATION

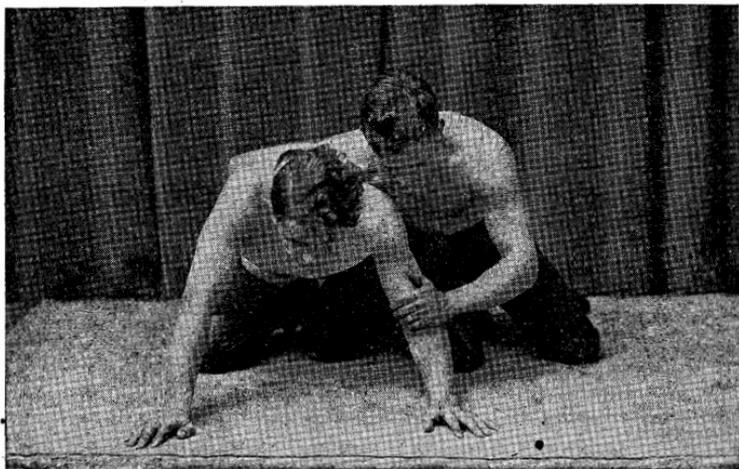
1. Competition shall be divided into eight weight classes as follows:

121 lbs. and under.	155 lbs. and under.
128 lbs. and under.	165 lbs. and under.
136 lbs. and under.	175 lbs. and under.
145 lbs. and under.	Unlimited Heavyweight.



No. 1—LEGAL "REFEREE'S POSITION ON MAT."

This position is shown as required in Rule 10, Section 3. Note particularly that offensive wrestler's right leg is outside of defensive wrestler's left leg.



No. 2—ILLEGAL "REFEREE'S POSITION ON MAT."

This position is illegal because offensive wrestler's right knee is *inside of* defensive wrestler's left leg.

Jim Foley - 1122 Stillman

RULE 5—WEIGHING-IN OF CONTESTANTS**1. Time**

A. In Tournaments. Contestants may weigh-in a maximum of five hours and a minimum of three hours before time meet is scheduled to begin.

B. In Dual Meets. Contestants may weigh-in a maximum of five hours and a minimum of one-half hour before time meet is scheduled to begin. The exact maximum time shall be decided by mutual agreement of the competing teams.

C. Supervision. The Referee or other authorized person shall supervise the weighing-in of contestants.

D. (a) In tournaments or dual meets, a team is privileged to weigh-in two contestants only, in any weight class, but only such contestants as have properly weighed-in for that weight-class shall be allowed to compete.

(b) In tournaments the contestant who is to represent his institution must be named before the drawings are made.

(c) In dual meets the home team's representative shall be sent onto the mat first, and he cannot be withdrawn or replaced.

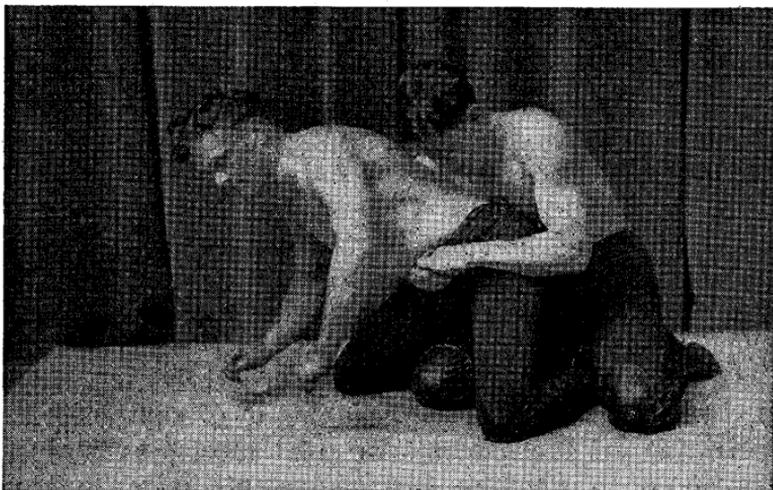
2. Weight Allowance

In Dual Meets and Tournaments. In all dual meets and tournaments net weights shall be required, except that on the second day and succeeding days in tournaments, one pound overweight shall be allowed.

3. Failure to Make Weight

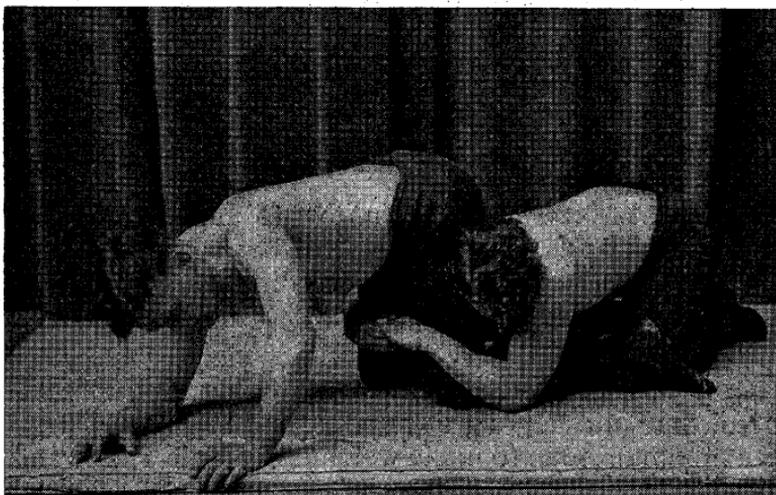
Any contestant failing to make weight at the maximum time mutually agreed upon, shall be allowed until the minimum time to make weight (see Rule 5, 1-A and 1-B). Contestants who then fail to make the required weight shall be rejected.

Note. Excessive weight reduction has hurt, and is still hurting, some contestants and our sport in general. The National Collegiate



No. 3—ILLEGAL USE OF HANDS IN BODYLOCK WHILE DEFENSIVE CONTESTANT HAS BOTH KNEES ON MAT.

Offensive wrestler is not allowed to lock hands, wrists or arms around body while defensive wrestler has both knees on mat. (See Rule 10, Section 1.)



No. 4—ILLEGAL USE OF HANDS IN LEGLOCK ON MAT.

The position is illegal because of Rule 10, Section 1, which forbids interlocking of fingers, hands or arms around body or legs while contestants are on mat.

Rule 5—Section 3 (Continued)

Wrestling Rules Committee urges all Directors of Athletics to use their influence against excessive weight reduction by members of their wrestling teams and to put the entire control of weight reduction to be allowed in the hands of the College Physician. It is further recommended that the College Physician personally weigh all candidates for the team at the beginning of the training season and that the Wrestling Coach shall be required to furnish the College Physician during the regular training season daily records of the weights of all candidates for the team taken at the beginning and at the end of each practice period, and that no wrestler shall be allowed to participate in any contest without the approval of the College Physician.

4. Communicable Disease to Disqualify

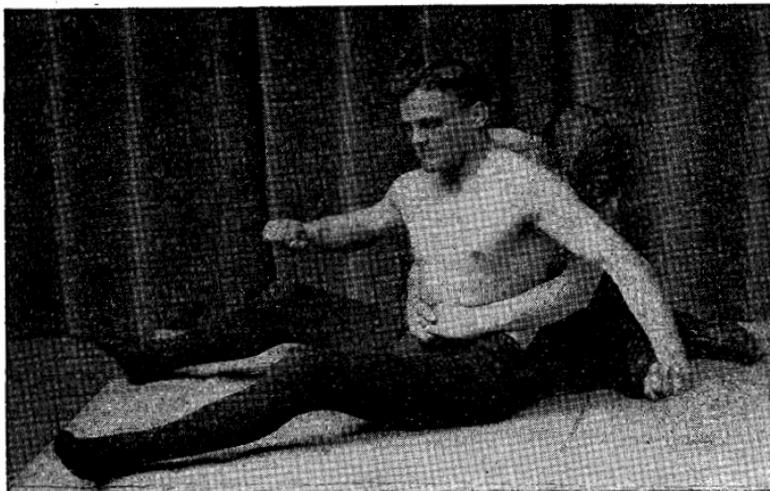
At the time of the weighing-in on the opening day of the annual National Collegiate Tournament, a physician or physicians shall be present to examine all contestants for communicable diseases and shall disqualify any contestant who, in their judgment, will endanger other participants. In other meets it is recommended that a medical examination of all contestants be made at the time of the weighing-in, and the presence of a communicable disease or any other condition which in the opinion of the examining physician makes the participation of that individual inadvisable, should be considered full and sufficient reason for disqualification.

RULE 6—PLACES SCORED, DRAWINGS, ELIMINATIONS AND CONDUCT OF TOURNAMENTS

1. Places Scored. In all tournaments four places shall be awarded as follows: The loser in the final first place match shall automatically take second place; the winner of the final consolation match shall be awarded third place and the loser fourth place.

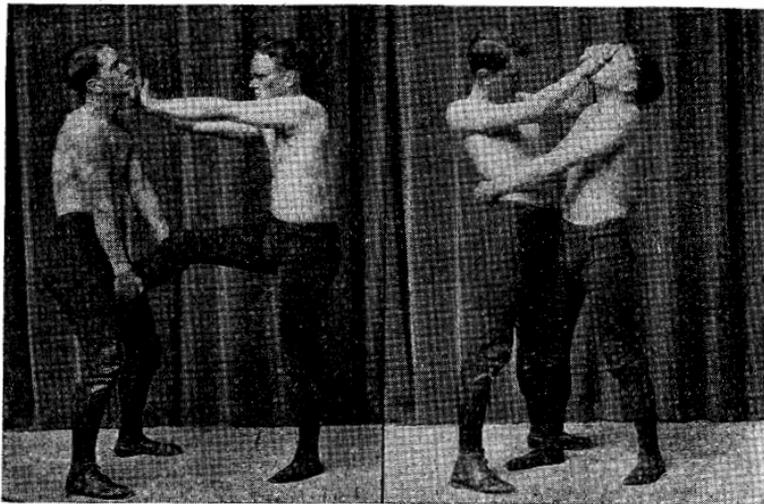
2. Drawings. Drawings shall be made in accordance with the regular Bagnall-Wild System, except as provided in Sections 3 and 7 of this rule.

3. Seeding. The new plan for scoring four places requires most careful seeding. Whenever there are two outstanding contestants in any class, the name of one of



No. 5—LEGAL USE OF HANDS IN BODYLOCK.

This complete bodylock is legal because defensive wrestler is in a sitting position. This hold would be illegal if defensive wrestler had both knees on mat. (See Rule 10, Section 1, Note 3.)



No. 6—LEGAL BLOCKING ON FACE (ON CHIN).

Blocking on chin or forehead is legal but is not legal over face proper; that is, over mouth, nose or eyes.

No. 7—ILLEGAL BLOCKING ON FACE (ON FACE PROPER).

This form of blocking is illegal because it is over mouth, nose and eyes, in contrast to position in No. 6.

Rule 6—Section 3 (Continued)

these contestants shall be placed in the upper half of the drawing bracket and the name of the other in the lower half.

In case another pair are distinctly superior to the remaining wrestlers in the class, this pair shall be placed in different halves of the bracket.

If there is one outstanding wrestler in any class and also two others who are distinctly superior to the remainder in that class, these two wrestlers should be seeded in different quarter brackets of the opposite half-bracket from the outstanding wrestler.

In the annual National Collegiate tournament, whenever possible, contestants from the same geographical location or conference, who have previously met in dual or other competition, shall be so seeded as to prevent them from meeting in the early rounds.

Note. Seeded contestants may be given any number in their own half of the bracket, but a number which represents a bye shall only be given when that appears to be the fairest plan for the majority in that bracket.

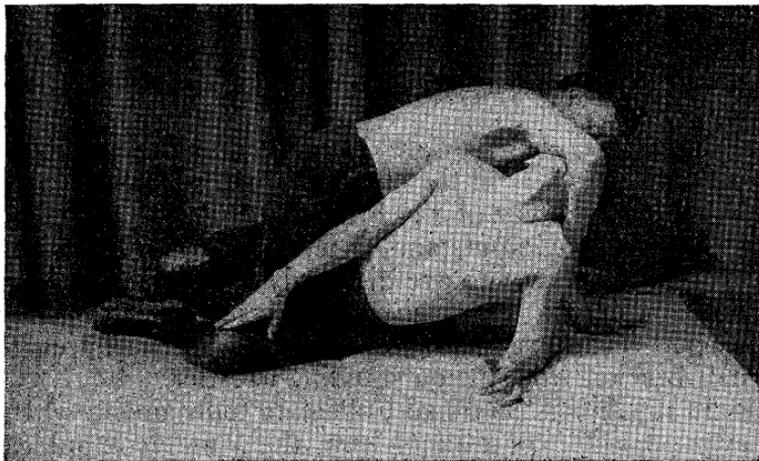
Method of Drawing

4. Drawings for First Place. Immediately after the expiration of the minimum weighing-in time, drawings shall be made for each class, starting with the 121-lb. class, and progressing in order up to the heavyweight class as follows:

Each contestant (except "seeded" contestants) shall draw a number and shall compete in accordance with the diagram shown in Section 6 of this rule.

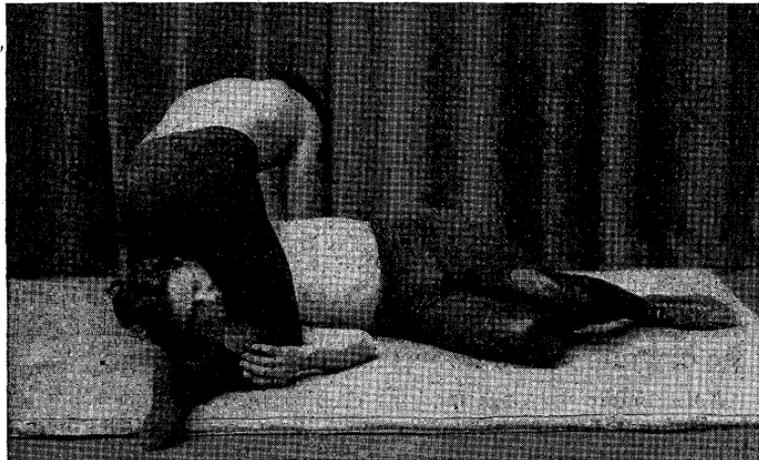
Note. Before drawings for each class begin, the numbers opposite the byes and also the numbers assigned to seeded contestants must be taken out.

5. Byes. When the number of competitors is not a power of two (that is, 4, 8, 16, 32, 64) there shall be "byes" in the first round. The number of pairs which meet in the first round shall be equal to the difference



No. 8—ILLEGAL FACE HOLD.

Shows a hold commonly used but which is contrary to both the letter and spirit of amateur wrestling rules. It is frequently used momentarily in order to prevent defensive wrestler from coming out from underneath or to bring defensive wrestler back into position for a fall. Referee should see that offensive wrestler does not secure unfair advantage by means of this illegal hold.



No. 9—LEGAL HEAD-SCISSORS.

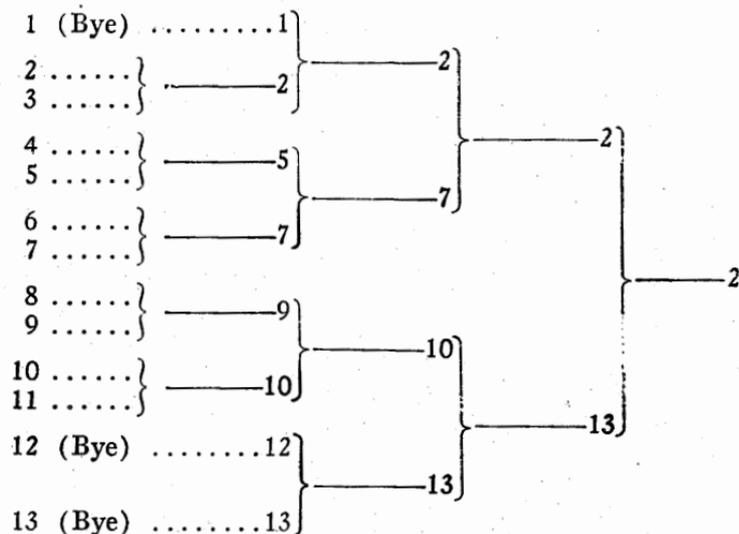
The head-scissors is considered legal when taken as shown above, with the hold on either side of the face, even though the bend of the knee may be in front of the nose, mouth or eyes; *provided* the leg is not in such close contact as to interfere with the breathing of the defensive wrestler. If defensive wrestler strangles himself by refusing to let his body turn as head is twisted by the head-scissors, the hold is still legal.

Rule 6—Section 5 (Continued)

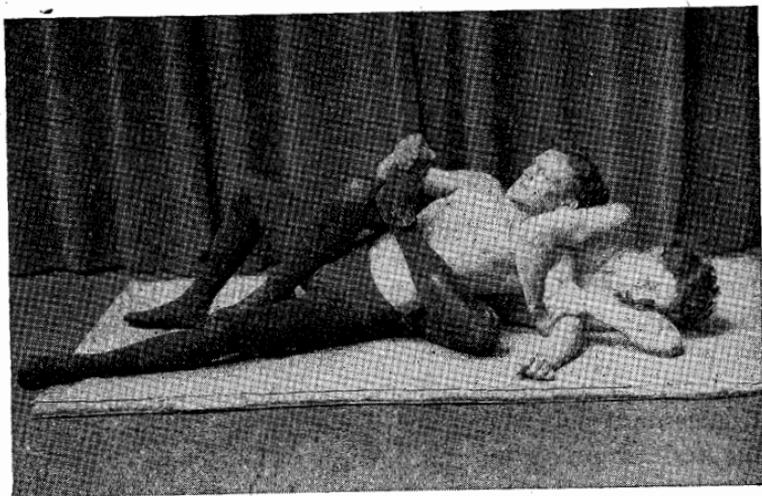
between the number of competitors and the next lower power of two. The byes, if even in number, shall be equally divided between top and bottom. If the number of byes be uneven, there shall be one more bye at the bottom than at the top, as shown in Section 6 of this rule.

6. Graphic Illustration of Drawings by Bagnall-Wild System.

Nos.

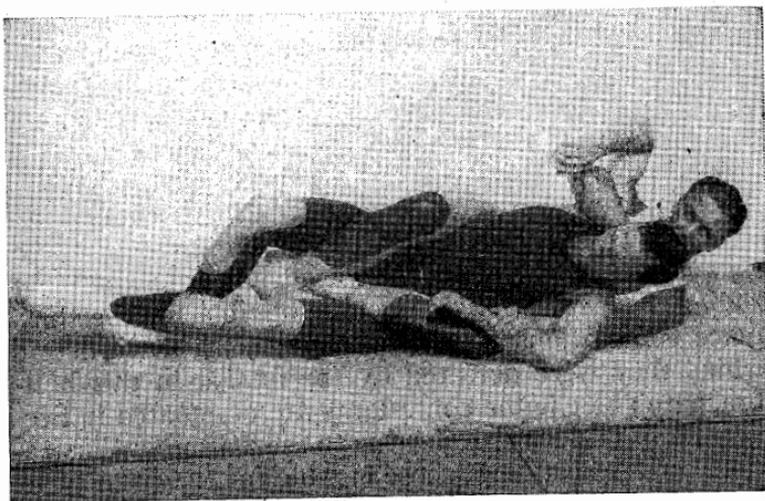


The foregoing illustration of method of drawings and participation of contestants by the Bagnall-Wild System shows drawings with thirteen contestants. Competitors drawings Nos. 1, 12 and 13 draw byes and go into the second round without wrestling. Except as just stated, the numbers carried forward to next frame indicate the winners of these bouts. This illustration shows



No. 12—ILLEGAL TOEHOLD.

All toeholds, regardless of the degree to which the leg is twisted, are illegal under these rules.



No. 13—OVER-SCISSORS (AN ILLEGAL HOLD).

The over-scissors is barred entirely under these rules because it is only a punishing hold and is of no value unless defensive contestant who uses it is allowed to force the hold, which thereby endangers the ankle and knee of his opponent.

Rule 6—Section 7 (Continued)

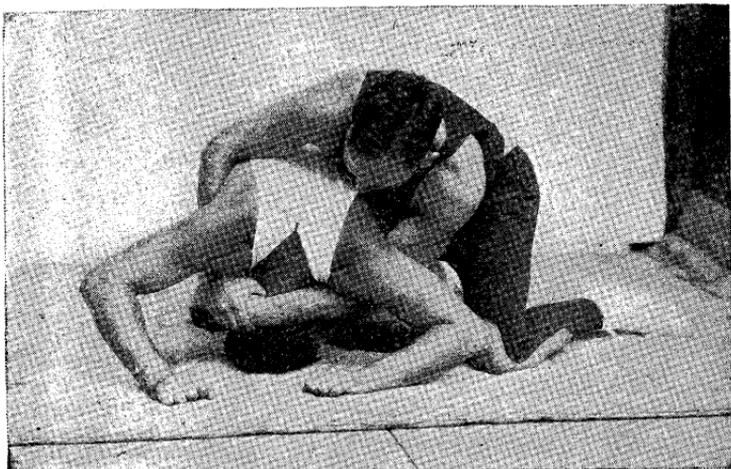
feated by the finalist (No. 13) and therefore only one match is necessary to decide the third place finalist from the lower half-bracket. We will assume that No. 12 wins this match. He meets No. 7 in the final consolation match in this weight. The winner is awarded third place and the loser fourth place.

C. All third place matches, except the final one, should be run off during the next to the last session of the meet. The final third place match in each weight should be held during the final session of the meet and each one should immediately follow the final first place match in that weight.

8. The Wrestling Rules Committee recommends that medals and team trophies be formally presented at all tournaments immediately following the completion of the competition in a ceremony made as impressive as possible.

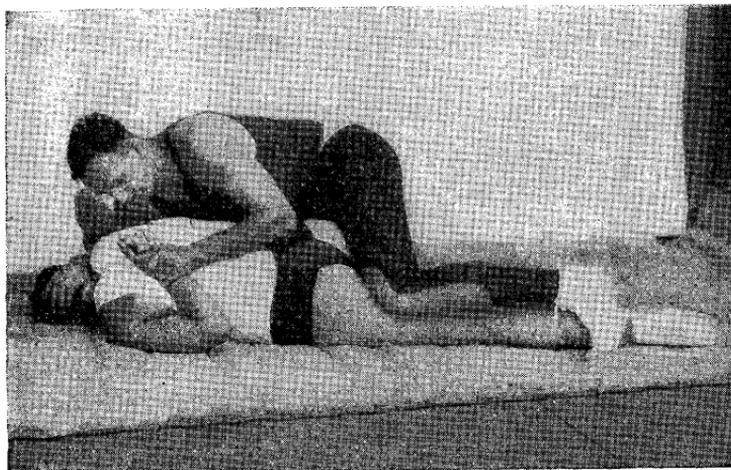
RULE 7—LENGTH AND METHODS OF CONDUCTING MATCHES

1-A. **First Place Matches in Tournaments.** All first place matches in tournaments and all dual meet matches shall consist of three three-minute bouts. The first three-minute bout shall start from the neutral position with both contestants on their feet. A fall in the first three-minute bout terminates the match. If neither contestant secures a fall in the first three-minute bout, the Referee shall stop the bout, toss a coin and the winner of the toss may elect to go behind or underneath in the "Referee's Position on the Mat" at the beginning of the second three-minute bout, no rest period being allowed. At the expiration of the second three-minute bout, the Referee shall stop the bout and shall put the contestant who started with the Position of Advantage in the position underneath when he starts the third three-minute bout, no rest period being allowed. If a



No. 14—FULL NELSON.

This hold needs no explanation. Most of the difficulty has arisen when the three-quarter nelson is confused with the full nelson. In the full nelson the aggressor places both arms under his opponent's arms and clasps his hands or wrists on the back of his opponent's head. This is dangerous and is barred.



No. 15—ILLEGAL HAMMERLOCK (ABOUT RIGHT ANGLE).

The hammerlock is a legal hold, provided the arm is not bent above the right angle (*i.e.*, provided that the arm is not carried above the small of the back); and provided, further, that the hand is not forced out away from the body, making it a *twisting* hammerlock. In this illustration the arm is carried distinctly above the right angle and is dangerous.

Rule 7—Section 1-A (Continued)

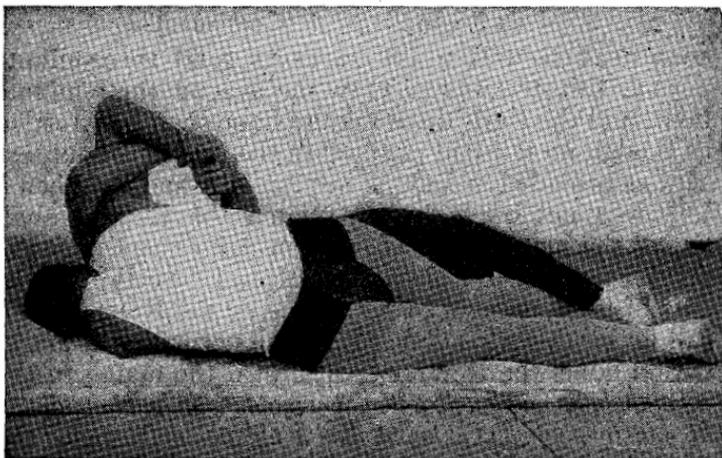
contestant secures a fall in the second three-minute period, this terminates only the second three-minute bout, and the third three-minute bout shall be wrestled as though no fall had resulted in the previous bout, except as provided in Rule 7, Section 4, A and B. When a fall does not occur in any match the Referee shall award the match to the contestant who has scored the greater number of points. (See Rule 17, Section 1.) In case of tie in number of points scored the Referee shall call for extra-period bouts. If no fall occurs in the extra-period bouts the Referee shall award the match to the contestant who has scored the greater number of points. If the match is still a tie the Referee shall name the winner, basing his decision on superior wrestling ability and aggressiveness shown.

1-B. Dual Meet Matches. Dual Meet Matches shall be conducted in the same manner as first place matches in tournament except as follows:

1. Before the meet starts the referee shall have the competing coaches or captains decide by toss of a coin the choice of position at the start of the second bout in the first match. The choice of position in succeeding matches shall alternate. In extra-period bouts the choice of position shall be determined by toss of a coin in each match.

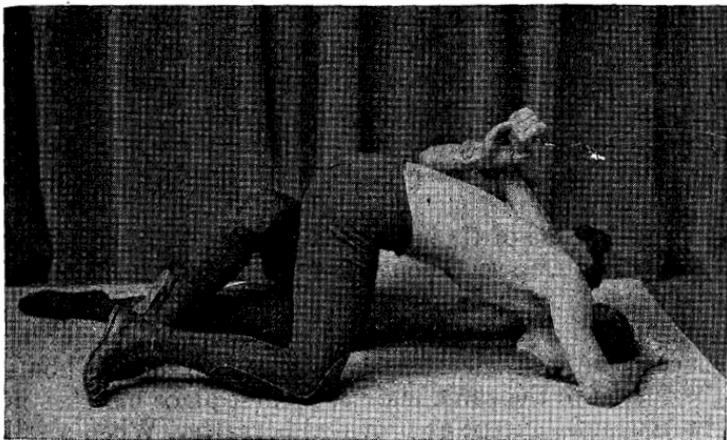
2. In case of tie in number of points scored at the end of extra-period bouts, the match shall be declared a draw.

2. Third Place Matches in Tournaments. Third place matches shall consist of three two-minute bouts conducted in the same manner as first place matches in tournaments, except as provided hereafter. When a fall does not occur and the points are tied at the end of the third two-minute bout the Referee is expected to name the winner in accordance with plan after extra-period bouts in first place matches. (See Rule 7, Section 1-A.)



No. 16—LEGAL DOUBLE WRISTLOCK.

The double wristlock, as shown above, is legal so long as the arm is not carried back into a twisting hammerlock, and provided the body or legs are not so locked as to prevent the opponent's body from turning. The hooking of the toe over opponent's near ankle is commonly used to prevent opponent from swinging around to the front, and if held loosely does not prevent opponent's body from turning; but it must be released before opponent can be brought onto his back.



No. 17—ILLEGAL DOUBLE WRISTLOCK.

This cut shows double wristlock turned into a typical twisting hammerlock that will injure opponent's shoulder if the arms are forced upward, unless opponent turns with the pressure, which often he is unable to do promptly enough to prevent injury to the shoulder.

Rule 7—Section 2 (Continued)

If he is unable to make such decision he *may* call for extra-period bouts. If no fall occurs and the points are still tied at the end of the extra-period bouts the Referee *must* name the winner.

3. **Extra-Period Bouts.** If the match is a tie at the end of the third three-minute bout in dual meets or first place tournament matches, or at the end of the third two-minute bout (and the Referee is not able to name the winner) in third place matches in tournaments, two extra-period bouts of two minutes each shall be wrestled. Both of the extra-period bouts shall start from the "Referee's Position on the Mat." (See Rule 10, Section 3.) The flip of a coin by the Referee shall decide the choice of starting positions in the first bout. Position of contestants shall be reversed in the second bout.

Note. The term "main bout" refers to bouts other than extra-period bouts.

4. **Length of Matches, Bouts and Intermissions.**

A. **Length of Tournament Matches When Falls Occur.** If a fall occurs in the first three-minute bout this terminates the match. When a fall occurs in a second three-minute bout, a second two-minute bout, or a first extra-period bout, it should be understood that the third three-minute bout, the third two-minute bout, or the second extra-period bout, terminates at the elapsed time at which the fall terminated the previous bout. Example: "A" wins fall in second three-minute bout with "B" in two minutes. The third three-minute bout is really only two minutes in length, as it would be impossible for "B" to win this bout after the two minutes have elapsed.

B. **Length of Dual Meet Matches When Falls Occur.** If a fall occurs in the first three-minute bout this terminates the match. A fall in the second three-minute bout or in the first extra-period bout terminates that bout, but the third three-minute bout, or the second

Rule 7—Section 4B (Continued)

extra-period bout runs the full time unless terminated by a fall.

5. Intermissions.

A. Main Two-Minute and Three-Minute Bouts. Only such time shall intervene between the main bouts of any match as may be required for the Referee to bring contestants into proper position for the next bout, except when the second three-minute or second two-minute bout is terminated by a fall, in which case a one-minute rest may be allowed if, in the opinion of the Referee, either contestant needs the rest.

B. Extra Period Bouts. Between the main bout and the first of the extra-period bouts a one-minute rest shall be allowed, during which time contestants shall not leave the mat. In all intermissions of one minute or more, contestants may receive aid and coaching from one person only.

RULE 8—POSITION OF ADVANTAGE

1. Whenever a contestant brings his opponent to the mat *under control while all of the supporting points of either wrestler's body are on the wrestling mat proper* he has earned the Position of Advantage and the offensive wrestler is entitled to this advantage until such time as his opponent, in legal manner, gains a neutral position within the boundary of the mat proper, except when he forfeits this advantage by reason of penalty inflicted by the referee for infringement of the rules. (See Rules 9 and 13.)

Note 1. The supporting parts of the defensive wrestler's body are any and all parts touching the mat at that time. The supporting parts of the offensive wrestler's body are the parts of the body touching the mat other than the parts with which he is holding his opponent. (The offensive wrestler's usual points of support are the knees or the side of one thigh and buttocks.) The offensive wrestler must have control of his opponent and must have brought him *to the mat* to constitute a "take-down."

Rule 8—Section 1 (Continued)

Note 2. In the interpretations of the above rule it should be clearly understood that the offensive wrestler is entitled to the Position of Advantage only when he brings his opponent *to the mat under control* as indicated above; *i.e.*, when the contestants leave the mat on their feet the offensive wrestler is not entitled to the Position of Advantage, even though he may have a decidedly advantageous hold, and the bout is resumed in neutral position at the center of the mat unless, in the opinion of the Referee, the defensive wrestler intentionally went off the mat to prevent his opponent from going behind him. (See Rule 13, Section 2-A.)

Note 3. The latter part of Section 1 above, but not *Note 2*, applies also when one contestant has had the Position of Advantage on the mat immediately before leaving the mat.

2. The Referee shall indicate orally, and by pointing in such a manner that all present may know, whenever a contestant has earned the Position of Advantage, and he shall also indicate in similar manner during the progress of the bout which opponent has the advantage whenever he thinks there may be doubt in the minds of the contestants, coaches, or spectators as to which contestant has the Position of Advantage. The Referee shall also indicate in a manner clear to all present whenever the match reverts to a "No Advantage" status. For the sake of uniformity, it is recommended that all Referees use the new set of National Collegiate Officials' Signals. (See page 120 of this Guide.)

**RULE 9—BRINGING CONTESTANTS BACK TO MAT
AFTER GOING OUTSIDE**

1. When the contestants are interlocked off or on the edge of the mat, time shall be taken out and contestants shall be brought to the center of the mat. Contestants are "off the mat" when *any supporting parts of both wrestlers' bodies* are off the mat proper except when a fall is imminent—in which case Rule 15, Section 2-A and B shall apply. The position to be assumed by contestants on resumption of match shall be determined as follows:

Rule 9—Section 1 (Continued)

A. If neither contestant held a position of advantage immediately before leaving the mat, the bout shall be resumed with contestants on their feet in neutral position, except when Referee applies penalty indicated in Rule 13, Section 2, A and C. (See Rule 8, Section 1.)

B. If a contestant held a position of advantage immediately before leaving the mat, on resumption of the bout this contestant shall be given the Position of Advantage in the "Referee's Position on the Mat" (see Rule 10, Section 3), except when Referee applies penalties indicated in Rule 13, Sections 2B, 3 and 6, or in clause C following.

Note. In case contestants leave the mat proper on their feet the above rule still applies unless the defensive wrestler has secured a neutral position before crossing the boundary of the mat proper.

C. In case a fall is imminent and the man underneath intentionally leaves the mat, the Referee shall give contestants as nearly as possible the same position which they held when the bout was stopped. (See Rule 13, Section 6.)

RULE 10—LEGAL AND ILLEGAL HOLDS AND POSITIONS

1. **Illegal Holds.** Any hold, lock or grip shall be allowed except the hammerlock above the right angle, twisting hammerlock, over-scissors, strangle holds, full (double) nelson, toe holds, certain body slams (see Note 6), holds over mouth, nose, eyes (*i.e.*, over front of face) or front or side of throat, interlocking of fingers, hands or arms around body or legs while contestants are on the mat, bending or twisting of fingers for punishment or to break holds, *or any hold used for punishment alone.*

Note 1. Attention is called to the fact that if the double wristlock is brought up into a twisting hammerlock, it becomes an illegal hold and must be stopped by the Referee and treated as any other illegal

Rule 10—Section 1 (Continued)

hold, and no contestant shall be allowed to retain any advantage he secures by use of the wristlock in this illegal way. The Referee is further instructed that he should anticipate danger of injury from this hold and stand so that he may block the double wristlock before it reaches the danger point.

Note 2. The Committee calls the attention of the coaches and contestants to the fact that injuries are sometimes caused by a lack of knowledge on the part of contestants of such holds as the double wristlock (which may cause injury when used legally), the keylock and other more or less dangerous holds. Contestants should have a knowledge of the dangers of these holds and a knowledge of the blocks for them.

Note 3. In the interpretation of the clause "interlocking of fingers, hands or arms around body or legs, while contestants are on the mat," in Section 1 of this rule, this restriction does not apply when the defensive man has regained his feet, when he is in a sitting position on the mat or when he has only one knee on the mat. Lifting of one or both hands from the mat does not affect this rule and, therefore, no complete armlock is permitted until one knee is raised from the mat.

Note 4. Contestants may grasp all four fingers in an effort to break a hold, but pulling back the thumb or one, two or three fingers is illegal.

Note 5. See photographs and explanations of legal and illegal holds.

Note 6. A body slam is illegal unless the attacker brings one of his knees to the mat before the upper part of his opponent's body touches the mat. The term "slam" refers to the lifting of an opponent off his feet and slamming him to the mat.

Note 7. In the interpretation of "hold over front or side of throat," pressure from side of hand, wrist or forearm is considered a "hold" and is therefore barred.

2. Unnecessary Roughness. No striking, kicking, gouging, hair pulling, butting, elbowing, strangling, or anything that endangers life or limb shall be allowed.

Note. In the application of the latter part of the above rule, all Referees, Coaches and Contestants should understand that any and all holds used in such a way as to endanger life or limb are illegal and all Referees should be on the alert to stop, if possible, all holds that in their opinion are likely to result in endangering of life or limb before real injury does occur. It should also be understood that no contestant should ever be put in a position where he must forfeit a neutral position, a Position of Advantage or a fall because of danger to life or limb, and the Referee should promptly stop any and all holds which in his opinion may so result. (See Section 1, Notes 1 and 2.)

Rule 10 (Continued)

3. **Referee's Position on the Mat.** The defensive contestant *must face in the direction indicated by the arrow at the center of the mat.* He must place both knees on the mat with the lower legs parallel, the knees must not be more than the width of the shoulders or hips apart and the heels of both hands must be on the mat not less than 12 inches in front of the knees. The offensive wrestler shall be slightly over opponent at his left (or right) side with his right (or left) arm resting *loosely* around opponent's waist and his left (or right) hand *loosely* on opponent's left (or right) elbow. The thumb may be behind, in front of or at side of elbow. Both of his knees shall be on the mat and outside of defensive wrestler's near leg. *He may take any position between that parallel to the defensive wrestler's body or at right angles to it but his near leg must not touch the near leg of the defensive wrestler.*

Note 1. See cuts on pages 82, 84 and 86.

Note 2. Occasionally a Referee has been guilty of standing so close to contestants as he starts a bout from the "Referee's Position on the Mat" that one or the other of the contestants has been handicapped in his legitimate activity. It is recommended that the Referee take a position directly in front of contestants and facing them, and that before he calls "wrestle" he shall move back far enough so that neither contestant can possibly be handicapped by his presence on the mat.

4. Contestants are expected to wrestle near the center of the mat, whether on the feet or in the "Referee's Position on the Mat." See new provision for ten-foot circle at center of wrestling mat and its use in Rule 3, Section 1. (Penalties for infringement of this Rule will be found under Rule 13, Sections 2C and 3.)

RULE 11—STALLING

1. **Stalling Is Illegal Under These Rules.** While on their feet, contestants must wrestle; *i.e.*, they must make an honest effort to secure a Position of Advantage,

Rule 11—Section 1 (Continued)

regardless of any advantage previously obtained, and when one contestant has secured a Position of Advantage, whether on the feet or on the mat, he shall make an honest effort to secure a fall; furthermore, a contestant who has previously secured a considerable advantage over his opponent is stalling if he fails to make an honest effort to wrestle aggressively thereafter. (For Penalties, see Rule 13, Sections 1, 2 and 5.)

2. Running or sliding off mat to prevent an opponent from going behind is to be interpreted as stalling. (For Penalty, see Rule 13, Section 2, A.)

Note. Referees must enforce the foregoing rules on stalling.

RULE 12—SIDELINE COACHING

Coaching from the sidelines or stands during the progress of a bout by the coach, team mates or spectators is illegal. (For Penalty see Rule 13, Section 8.)

Note. All communication, either vocal or by signal, other than simple encouragement, by the Coach or members of the team with contestant at any time during a bout, except when time is taken out because of injury to one of the contestants, or during the intermission between the main bout and the first extra-period bout, or during intermission ordered by the Referee after a fall, shall be interpreted as coaching.

RULE 13—PENALTIES

1. Stalling.

A. If, in the opinion of the Referee, a contestant in the Position of Advantage on the mat is stalling, the Referee shall give him one warning. If and when the offense occurs a second time, the Referee shall immediately order the contestants to their feet in neutral position.

For such offense for a third time, the penalty shall be reversal of position in the "Referee's Position on the Mat" and a second and final warning shall be given.

Rule 13 (Continued)

5. **Disqualification After Two Penalties.** When a contestant has been penalized a second time by the Referee for infringement upon Rule 13, Section 1, 2, 3 or 4 the Referee shall, when inflicting the second penalty, give the offender a final warning. If and when such infringement occurs again in that match the Referee shall immediately disqualify the offender.

6. **Going Off Mat To Prevent Fall.** If, in the opinion of the Referee, the defensive wrestler intentionally crawls or rolls off the mat to prevent a fall, the Referee shall give one warning, and if infringement is repeated the Referee shall award a fall to his opponent. (See Rule 9, Section 1C.)

7. **Points to be Awarded When a Contestant is Penalized by the Referee.** When the Referee gives a contestant the offensive position in "Referee's Position on Mat," or neutral position after he has been in the defensive position on mat, as a penalty inflicted upon his opponent for violation of rules, the same number of points shall be awarded to the offended wrestler as though he had earned the change in position.

8. **Sideline Coaching.** If, in the opinion of the Referee, Rule 12 is being infringed upon, the Referee shall stop the bout and shall give a warning in such manner that all contestants, coaches and spectators present shall be aware of the same. If the offense is repeated, the Referee shall award a fall to the representative of the offended side.

9. A. For flagrant, intentional violation of the spirit or letter of the rules, the Referee shall award a fall to the opponent.

B. In *extremely* flagrant cases, such as a deliberate and intentional attempt to injure an opponent, the Referee shall disqualify the offender for the remainder of the meet.

RULE 14—INJURIES AND DEFAULTS

1. If a contestant is injured, the Referee shall allow a maximum of three minutes' rest. There shall be no limit to the number of rest periods which may be taken in any match, but the total time out shall not exceed three minutes. If, at the expiration of the rest period, he is able to continue wrestling, the bout shall be resumed as if the contestants had gone out-of-bounds. (See Rule 9, Section 1.)

If the injured contestant is unable to continue wrestling, the match shall be awarded in accordance with Section 2 and 3 of this Rule.

Note. In the interpretation of this rule nosebleed is not an injury, and the number and length of rest periods to be allowed is at the discretion of the Referee.

2. **Accidental Injury.** If a contestant is accidentally injured and is unable to continue the bout, his opponent shall be awarded the match by fall.

3. **Injury from Illegal Hold.** If a contestant is so injured by an illegal hold that he is unable to continue, the match shall be forfeited to the injured contestant and shall be scored as a fall.

4. **General Default.** If a contestant forfeits a tournament match for reasons other than those mentioned in the foregoing, his opponent shall be awarded the full quota of points he could score by securing a fall, provided the opponent has properly weighed in and would be eligible to participate in this contest if held.

5. Whenever a contestant defaults a match in any tournament, he is thereby barred from further participation in that meet; however, this shall not make him ineligible for any award to which he may be entitled as the loser in the next round.

RULE 15—FALLS AND NEAR FALLS**1. Pin Falls**

Pin falls only shall count. (Flying or rolling falls shall not be considered.) Any part of both shoulders held in contact with the mat for an *appreciable length of time* constitutes a fall. (By an "appreciable length of time" is meant the Referee's silent count of two seconds. The two-second count shall start only after the Referee is in such position that he knows positively that both of the defensive contestant's shoulders are in contact with the mat, after which shoulders must be held in continuous contact with the mat for two seconds before a fall shall be awarded.)

2. Fall With Part of Body Off Mat.

A. A fall shall not be awarded when one or both shoulders of the defensive contestant are off the mat.

B. *If the defensive wrestler is handicapped by having any portion of his body off the mat*, the Referee shall stop the bout, which shall be resumed in accordance with Rule 9, Section 1, B and C, and Rule 13, Section 6.

Note. In the interpretation of this rule it should be understood that all parts of the body except the shoulders may be off the mat proper and still a legal fall may be called if the defensive wrestler is not handicapped by this position.

3. Double Falls in Three-Minute, Two-Minute or Extra-Period Bouts.

A. **In Tournaments.** In case both contestants secure falls in the last two three-minute, the last two two-minute or extra-period bouts, the match shall be awarded to the one securing the fall in the shorter time and he only shall be awarded a point for the fall. (See Rule 7, Section 1A, 2 and Rule 17, Section 2.)

B. **In Dual Meets.** If both contestants secure falls in the last two three-minute bouts or in both of the

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Rule 15—Section 3 (Continued)

extra-period bouts the match shall be awarded to the contestant securing his fall in the shorter time. (See Rule 7, Section 1, B, and Rule 17, Section 3.)

4. **Fall vs. Decision.** In tournaments or in dual meets, a fall shall take precedence over a decision.

5. **Near-Fall.** A "near-fall" is a situation in which the offensive wrestler has control of his opponent in a pinning combination and a fall is imminent.

Note 1. Whenever all provisions of the above rule are complied with and both shoulders of the defensive wrestler are held in continuous contact with the mat for a minimum of one full second and a maximum of less than two full seconds, a near-fall shall be scored.

Note 2. Whenever all provisions of the above rule are complied with and both shoulders of the defensive wrestler are held continuously within approximately two inches of the mat or less for two full seconds or more, a near-fall shall be scored.

Note 3. In order to further clarify the awarding of a near-fall as indicated in Note 1 and Note 2 above and the awarding of a fall as indicated in Rule 15, Section 1—the following recommendations and Graphic Illustration are offered:—

A. When a fall or near-fall is imminent and the referee is in such position that he can see definitely that both shoulders of the defensive wrestler are in contact with the mat he shall start to count—silently and slowly as follows—1001 (One full second), 1002 (Two full seconds). The referee shall award a fall or a near-fall if and when all provisions of Rule 15, Section 1 or Rule 15, Section 5, Note 1, respectively have been complied with.

B. When a fall or near-fall is imminent and the referee is in such position that he can see definitely that both shoulders are within approximately two inches of the mat he shall start to count as in "A" above and a near-fall shall be awarded if and when all provisions of Rule 15, Section 5, Note 2 have been complied with.

Rule 15—Section 5 (Continued)

ILLUSTRATION

(Count)—1001	(Count)—1002
← One full second →	
←.....Slightly less than	two full seconds.. →
A "near-fall"—if both shoulders are held in continuous contact with the mat for one full second or a maximum of slightly less than two full seconds.	shoulders are held in contact for a minimum of a maximum of slightly less than two full seconds.
←..... Two full	seconds →
A fall, if shoulders are held in continuous contact with the mat for TWO FULL SECONDS.	
A near-fall, if shoulders are held continuously within approximately two inches of the mat or less for TWO FULL SECONDS.	

Note 4. Regardless of the length of time a defensive wrestler may be held in a somewhat dangerous position, no near-fall may be scored except as provided in Note 1 or Note 2 above.

Note 5. Only one near-fall may be scored in any one "situation."

A "situation" is ended:—

- (1) When the defensive man escapes to neutral position or reverses position.
- (2) When he assumes the defensive "referee's position on mat."
- (3) When he secures a position of defensive value equal to the defensive "referee's position on mat."

The referee must not signal a "near-fall" until the "situation" is ended.

Nothing in the above shall prevent repeated efforts by the offensive wrestler to "pin" his opponent, but, regardless of the number of near-falls he may secure in any one "situation," he is credited with 2 points only for "near-falls" in that "situation."

Rule 15—Section 5 (Continued)

Note 6. It should be clearly understood that the position of advantage in any match may change frequently and that the contestant who has previously been in the defensive position may secure the position of advantage and earn a near-fall in a very short period of time. Illustration:—Contestant A brings his opponent B to the mat and is awarded 2 points for a “take-down”; A takes a “body-scissors” or a “cross-body-ride” on B; B rolls and by proper shifting of his weight or by an arm or head lock he obtains control of A—for which maneuver he wins 2 points for “reversal” of position; next by bridging he works A into a “near-fall” position and if he has complied with all requirements included in Note 1 or Note 2 above he is awarded 2 additional points for a near-fall—even though he may still be held in A’s “body-scissors” or “cross-body-ride.” It often happens in cases such as the above that A eventually regains the advantage—in which case—A is, of course, awarded 2 points for “reversal” of position.

RULE 16—DECISIONS

1. **Regular Bouts.** If no fall has resulted after the expiration of the three regular bouts of any match, as provided in Rule 7, Section 1, the Referee shall award the match to the contestant *who has scored the greater number of points.*

2. **Third Place Matches in Tournaments.** If neither contestant secures a fall in the three two-minute bouts, the Referee shall award the decision to the contestant *who has scored the greater number of points,* except as provided in Rule 7, Section 2, third sentence.

3. Extra-Period Bouts.

A. **In Tournaments.** When no fall has been secured, the Referee shall award the decision to the contestant *who has scored the greater number of points, but if points are still equal, the Referee shall decide the winner on the basis of superior wrestling ability and aggressiveness shown throughout the entire match.*

B. **In Dual Meets.** The Referee shall award the match as in “A” above, except in case of tie, when the match shall be declared a draw.

RULE 17—SCORING

1. Point System for Deciding Matches When No Fall Occurs. In all matches the following point system shall be scored and shall constitute the basis for deciding the winner except when a fall occurs or as provided in Rule 7, Section 1 and 2.

NATIONAL COLLEGIATE POINT SYSTEM.

- 2 Points . . . for "Take-Down" (see Rule 8, Sections 1 and 2).
- 1 Point . . . for "Escape" from Defensive Position on Mat.
- 2 Points . . . for "Reversal of Position" from Defensive Position on Mat.
- 2 Points . . . for "Near-Fall" (see Rule 15, Section 5).
- 1 Point . . . for each full minute of superior, accumulated time-advantage behind but 2 points is the maximum to be so awarded in the three bouts of the main match and 1 point is the maximum to be so awarded in the two extra period bouts.

Penalty

Points . . . (see Rule 13, Sections 4 A and 7).

Note 1. IN THE THREE BOUTS OF THE MAIN MATCH. The procedure to govern the award of 1 or 2 points for time-advantage is as follows: Each Timekeeper records the accumulated time-advantage of the contestant to whom he has been assigned by the Referee. At the end of the main match the Referee subtracts the lesser time-advantage from the greater and if the contestant with the greater time-advantage has less than one minute of superior time-advantage, he is awarded no points by the Referee; if he has one full minute of time-advantage but less than two minutes, he is awarded one point; if he has two full minutes or more, he is awarded 2 points. No contestant may be awarded more than 2 points for superior, accumulated time-advantage in any one main match and the contestant with the lesser time-advantage receives no points, even though his accumulated time-advantage may be one, two or more than two full minutes.

Note 2. IN THE TWO EXTRA-PERIOD BOUTS (if held) the same procedure shall govern as in Note 1 above, except that the

Rule 17—Section 1 (Continued)

maximum number of points that may be awarded in extra-period bouts is 1. Time-advantage in extra-period bouts is entirely independent of that in the main match and if one or the other of the contestants has scored one or two points for time-advantage in the main match he still retains these points.

2. Tournaments.

A. In tournaments, first place in each weight shall count 6 points, second place shall count 4 points, third place shall count 2 points and fourth place shall count 1 point. One additional point shall be awarded for each fall secured throughout the meet. In case both contestants secure falls in second and third three-minute bouts, in extra-period bouts, or in the second and third two-minute bouts of third place matches, only the contestants securing the fall in the shorter time shall be given a point award for a fall.

Note. For information concerning the length of these bouts when falls occur, see Rule 7, Section 4A.

B. If in any tournament, only one contestant enters and qualifies for any weight class, he shall be declared the winner of that weight class and the team he represents shall be awarded 6 points for first place, but no points shall be scored for a fall. Should only two, three or four contestants enter and qualify for any weight class, the contestant taking second, third or fourth place shall be awarded only 4, 2 or 1 points, respectively.

3. Dual Meets.

A. Falls. In dual meets, when only one of the two contestants in any match secures a fall, 5 points shall be awarded to the contestants securing the fall; but if both contestants secure falls in second and third three-minute bouts, or in extra-period bouts, the contestant securing the fall in the shorter time wins the match and shall be credited with 5 points, but his opponent shall also be credited with 3 points for his fall.

Rule 17—Section 3 (Continued)

B. **Decisions.** A decision shall count 3 points.

C. **Draws.**

(1) In case of a draw each team shall be awarded 2 points.

(2) In case both contestants secure falls in the same time (which is extremely unlikely), each team shall be awarded 3 points.

4. **Tournaments or Dual Meets.** If a contestant secures a fall in each of the last two three-minute, the last two two-minute or extra-period bouts in *Tournaments or Dual Meets*, he shall be credited only with points for one fall.

5. **Team Championship in Tournaments or Dual Meets.** The team securing the highest total of points shall be declared the winner.

RULE 18—OFFICIALS

Referee's Duties

1. The Referee shall have full control of the meet and his decisions shall be final and without appeal. (See Rule 16.)

2. Before the contestants come to the mat, the Referee should inspect contestants for presence of oily rub, rosin, objectional pads, improper clothing, finger rings, etc. He should also see that finger nails are trimmed short.

3. Immediately before each match the Referee shall call contestants to the center of the mat, where they shall shake hands and then step back to the edge of the ten-foot circle and be prepared to wrestle. The Referee shall start the match from this position.

4. The Referee shall notify the Timekeepers as follows:

A. When he starts a bout.

Rule 18—Section 4 (Continued)

B. When time is to be taken out to bring contestants back to center of mat because of injury to a contestant or for any other cause.

Note. The Referee should give contestants to understand that he alone is authorized to stop the bout, and he should deal sternly with any contestant who presumes that he may stop wrestling for any cause before the Referee so orders.

C. When the bout is to be resumed (except in cases where the rules set a definite limit on the amount of time which shall be allowed). (See Rule 14, Section 1, and Rule 7.)

D. When a contestant has secured the Position of Advantage, when the defensive wrestler has "escaped," when the defensive wrestler has "reversed position" and when a fall has occurred.

5. The Wrestling Rules Committee strongly recommends that all Referees use the set of signals recommended by the Sub-Committee on Officiating and adopted as the official signals by the Wrestling Rules Committee, in order to establish a uniform, standardized code of Referee's signals. (These signals will be found on pages 120-1 of this Guide.)

6. *The Referee should anticipate difficult positions on the edge of the mat and prevent them by changing direction of contestants or by bringing them to the center of the mat.*

7. The Referee shall be firm in warning contestants regarding such violations of the letter and the spirit of the rules as crawling off the mat, running away from an opponent, or any other form of stalling, in the use of such illegal holds as illegal face holds and interlocking of fingers, wrists or arms around body or legs while opponent is on the mat, the use of scissors for punishment alone, or the use of any other hold with which it is evident to the Referee that the man is playing for time or is using the same for punishment alone.

Rule 18 (Continued)

8. The Referee **MUST** enforce **VIGOROUSLY** and **PROMPTLY** the penalties for stalling, etc., as provided in Rule 13.

9. The Referee is instructed *not* to put his hand under shoulders of a contestant unless *absolutely necessary* to determine a fall.

10. The Referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.

11. If the behavior of the spectators becomes disrespectful or unsportsmanlike to the Referee or to either team, the Referee shall stop the bout and warn the offenders, and if the warning is disregarded, he shall award the match to the offended team.

12. At the end of each match the Referee shall order the contestants to their corners. After he has checked the time-advantage and the scorers' records, and has decided the winner he shall call the contestants to the center of the mat, announce the winner, have the contestants shake hands, after which they shall leave the mat *via their own corners*.

13. **Timekeepers.** In all Tournaments, there shall be three Timekeepers, who shall be supplied with stop-watches. The Head Timekeeper shall record the general time of the match and shall call the minutes in such manner that Referee, contestants and spectators may hear. The head timekeeper shall be provided with two extra stop-watches for recording time out in case of injury to the contestants. Each of the other two Timekeepers shall record the accumulated time-advantage of the contestant to whom he has been assigned by the Referee and he shall report to the Referee on the same at the end of the match. Each contestant shall be allowed to have a representative at the Timekeepers' table and the watches shall be in plain view of these representatives throughout the match. Only the Time-

Rule 18—Section 13 (Continued)

keepers and the representatives indicated above shall be allowed at the Timekeepers' table; there shall be no communication between the Timekeepers or representatives at the Timekeepers' table and coaches, contestants or spectators, and the time-advantage record shall be secret until the match is completed. (This restriction is made to allow the Timekeepers to give their undivided attention to their duties.)

14. The Timekeepers shall be notified by the Referee when to start and to stop their watches, in accordance with Rule 18, Section 4. The Head Timekeeper shall be provided with a small caliber pistol, a loud gong or horn, by which he shall notify the Referee when the time limit of the bout has expired or when the time for intermissions has elapsed. (See Rule 14, Section 1, and Rule 7.)

15. In all intercollegiate matches there shall be two Scorers, each of whom shall record the various points awarded by the Referee to the contestant whose record he has been assigned to keep. Such records shall be available to the Referee at all times.

RULE 19—NOTIFICATION AND AGREEMENT OF MEETS

1. **Equal Rights for Visiting Teams.** All modifications of rules of competition, "ground rules," etc., proposed by the home manager, must be submitted to the manager of the visiting team, or teams, a sufficient length of time before date of meet for agreement to be reached on same, and no such action is binding unless approved by the visiting team or teams.

2. In dual meets the selection of a Referee and the maximum weighing-in time shall be mutually agreed upon at least ten days prior to date of meet.

Note. In case the Coaches concerned are unable to agree on a shorter maximum weighing-in time than the five hours specified as

Rule 19—Section 2 (Continued)

the maximum in these rules, it is understood that the maximum amount of time as specified in the rules shall hold.

3. The home management shall notify visiting teams at least seven days prior to date of meet the exact time and place of match.

High School Wrestling Rules

The Wrestling Rules Committee of the N.C.A.A. recommends that interscholastic Wrestling contests be governed as follows:

Wrestling rules of the N.C.A.A. as published in the Intercollegiate Wrestling Guide shall apply in high school wrestling contests with the following modifications:

1. **Eligibility.** Contests shall be eligible under the rules of the High School Athletic Association of the State in which their school is located.

2. **Weight Classification.** Competition shall be divided into ten weight classes as follows:

103 lbs. and under.	138 lbs. and under.
112 lbs. and under.	145 lbs. and under.
120 lbs. and under.	154 lbs. and under.
127 lbs. and under.	165 lbs. and under.
133 lbs. and under.	unlimited.

Beginning February 1st and continuing for the remainder of the wrestling season, one additional pound shall be allowed in each weight class.

Note. Additional competition may be added in the 95 lb. class or the 175 lb. class, or both, provided such action is approved by the local, state or sectional association concerned.

3. **Weighing-in of Contestants and Weight Allowance.**

A. **Weighing-in Time.** Contestants may weigh-in a maximum of one hour and a minimum of one-half hour before time meet is scheduled to begin.

B. **No Weight Allowance.** Net weight shall be required in all dual meets and tournaments.

Note. The Committee wishes to emphasize the discouragement of any appreciable weight reduction *especially* among high school competitors, as it is much more apt to produce injurious effects if practised by growing boys.

4. Length and Methods of Conducting Matches.

A. **Dual Meet and Final First Place Matches in Tournaments.** These matches shall be eight minutes in length, divided into three bouts of two minute, three minute, and three minute duration respectively. These matches shall be conducted in the same manner as dual meets and first place matches in tournaments under college rules except that there shall be a rest period of one (1) minute between the first and second three-minute bouts and that there shall be no extra-period bouts in tournament competition. If a tournament match results in a tie, it shall be decided in accordance with the last sentence of College Rule 7, Section 1.

B. **All Matches in Tournaments Except Final First Place Matches.** These matches shall consist of three bouts of 2 minutes each, conducted in the same manner as third place matches under college rules, except for a one (1) minute rest period between the second and third two-minute bouts. If a match results in a tie, it shall also be decided in accordance with the last sentence of College Rule 7, Section 1.

C. **Extra-Period Bouts.** (1) In Dual Meets, extra-period bouts shall be conducted in the same manner as corresponding bouts under college rules except for a one-minute rest period between the two extra-period bouts, in addition to the one-minute rest period between the last bout of the main match and the first

extra-period bout. (2) In Tournaments no extra-period bouts shall be allowed.

D. No contestant shall be required to wrestle two matches in any tournament with less than a one (1) hour rest-period between such matches.

5. Illegal Holds.

A. In addition to holds barred in College Rule 10, Sections 1 and 2, all "slams" from a standing position (Rule 10, Section 1, Note 6) and the "fall-back" from the standing position, the double wristlock and the head scissors, are barred.

Note. The term "fall-back" refers to the hard falling or jumping backward when opponent is on contestant's back in a "cross-scissors ride" or "body-scissors."

B. Penalties for infringements on No. 5A above are the same as for illegal holds indicated in College Rule 10, Section 1 and are given in College Rule 13, Section 5A and B. (In case of injury to the defensive contestant by foregoing illegal holds, Rule 14, Section 3 of the Collegiate rules shall apply.)

* * *

WRESTLING OFFICIALS' CODE OF SIGNALS

(1) Starting or Resuming a Bout Standing—Extend right arm slightly above the horizontal to the front; verbally announce, "Ready" . . . pause . . . quickly lower arm and at the same instant verbally announce, "Wrestle."

(2) Stop Wrestling—Verbally announce "Break"; at the same instant extend arm slightly above horizontal to the front, palm outward.

(3) Neutral Position. Standing—Upper arms front, horizontal; both fore-arms vertical, hands extended.

(4) Begin Wrestling On Mat (Referee's Position)—Referee should be eight to ten feet in front of wrestlers, facing Timer's table, squat position. Give signal for No. 1 above.

(5) Advantage—One arm and index finger extended pointing to wrestler receiving advantage. At the same time verbally announce "Advantage" and name the institution which offense represents.

(6) Neutral Position (No Advantage) On Mat—Both arms extended side-ward slightly below the horizontal, palms down; move hands back and forth with fingers spread and at the same instant verbally announce, "No Advantage."

(7) Time Out—Give hand signal for No. 2 above and verbally announce "Time Out."

(8) Declaring Near Fall—Extend one arm vertically; no verbal announcement. (Award of near fall should not be made until the immediate "situation" is finished, as indicated in last sentence of Note under Rule 15, Section 5.)

(9) Declaring a Fall—Quickly strike mat with palm of one hand and at the same instant verbally announce, "Fall." Do not slap wrestler on back. (See Rule 18, Section 9.)

(10) Awarding a Decision or Declaring a Draw—Referee shall call contestants to center of mat and raise the left arm of the winner to a vertical

position. In case of draw at end of extra-period bouts in dual meets, Referee shall call contestants to center of mat and raise left arms of both contestants to vertical position.

(11) Declaring Extra-Period Bout—Extend both arms vertically and verbally announce, "Extra-Period Bout."

(12) Award of Points—In connection with or immediately following the signal for change of position or advantage the Referee shall indicate award of points by pointing to the point scorer with the index finger of one hand and at the same time raise the opposite hand to or near a vertical position, extending one or two fingers of that hand to indicate the number of points awarded. Such signal must be clearly evident to the official Scorekeeper and to the operator of the scoreboard (if such is used), and also, so far as possible, to coaches, contestants and spectators.

Coaches and Contestants— Attention!

Much severe criticism of amateur wrestling is caused by the disgusting, unsanitary, and usually unnecessary habit of many wrestlers of expectorating on the wrestling mat or on the floor outside the mat, blowing the nose without use of handkerchief, wiping the nose with the back of the hand and then wiping the hand off on the trunks, etc. Such habits are repulsive to people of culture. The foreign representatives at the Olympics at Los Angeles in 1932 were astonished at the degree to which this was prevalent among our wrestlers. I am informed that many ladies refuse to attend wrestling matches for this reason. There are so many good reasons against and none for these practices that all interested in the development of amateur wrestling should co-operate in the elimination of this evil. The following suggestions, if carried out in both practice and competition, would unquestionably eliminate these practices in a comparatively short time: First, education of the contestants by the coaches as to the detrimental effects of these practices; second, if it is considered necessary (which I personally doubt) for the contestants to have something into which to expectorate during matches, two small boxes of sawdust should be placed at opposite corners of the mat; and, third, much preferable to the second suggestion, require each contestant to carry a small handkerchief somewhere in his "jeans" and use this when necessary. The latter custom is quite common among foreign wrestlers.

Note to coaches and wrestlers from the Rules Committee

In the past some coaches have lost sight of the importance of each individual's conduct when in the public eye, and, as a consequence, incidents have occurred, on the part of both coaches and wrestlers, that certainly have not been conducive to the type of public reaction that is desirable. As we all know, ninety per cent of our athletes' conduct is a direct reflection on the type of sportsmanship advocated by his coach. The natural trend of the athlete is toward proper conduct, but it is expecting too much of him to carry on this quality, if the coach, in whom the boy has confidence, continually violates these sporting principles. It has been evident in the past that many college and schoolboy wrestlers have been embarrassed by the conduct of their coaches in public meets.

The attention of the rules committee has been specifically called to the childish and unsportsmanlike actions of several coaches (who were named) for abusive language from the bench, coming on the mat proper during the progress of the meet to argue with the referee, playing to the crowd through expressive gestures following the referee's decisions and in general conducting themselves in a manner unbecoming a coach.

Strong recommendations have been made to the committee that specific rulings be included in the rule book to penalize such conduct and unless this condition is remedied, it is obvious that official action must be taken. Unfortunately, a penalty of this nature would cause unwarranted hardship to the contestant during whose match the penalty was enforced. It seems entirely out of order that a few people in the coaching profession should jeopardize the good name of wrestling by the lack of a little common sense and decency. It is hoped that the coaches who have been guilty of this unseemly conduct will take stock of themselves and spare the committee the unpleasant duty of enacting embarrassing legislation.

Referees—Attention!

By R. G. CLAPP, M.D.

Former Chairman NCAA Wrestling Rules Committee

Penalties for Stalling and Other Infringements on the Rules.

RULE 13

For the convenience of referees, warnings and penalties have been classified under four heads as follows:

Head No. 1—Rule 13, Sections 1 A & B, 2C. Referee gives a warning *only* on first offense; he *must* penalize for second such offense; he *must* penalize for third such offense and give second and final warning.

Head No. 2—Rule 13, Section 2 A, 3, 4 A and C. Referee *must* penalize on *first* offense; he *must* penalize on second offense and give final warning.

Head No. 3—Rule 13, Section 5. After Referee has inflicted the second penalty for infringement under Head 1 or 2 above he *must immediately* award a fall to the opponent if and when the infringement occurs again.

Head No. 4—Rule 13, Section 6. Referee *must* give warning on first offense and award fall to opponent on second such offense.

The large majority of referees have in the past been far too lax in enforcing prescribed penalties for stalling and for other infringements on the rules. This year the committee has tried to specify very definitely when penalties should be inflicted. Heretofore the rules were sufficiently flexible in this regard as to allow the referee to be very lenient in this enforcement and still be within the letter of the rules, but this will not be true in 1943. Drab, uninteresting, stalling matches will not stimulate normal growth in popularity of wrestling and failure of referees to properly enforce the rules in the past has been an important factor in the lack of interest in amateur wrestling on the part of the sporting public. The committee expects the referees to do their full share to improve these conditions in 1943.

Every competent referee should be able to discriminate between honest effort to secure falls or to improve position and "faked" effort or aggressiveness put on to deceive the referee. A "good showman" may occasionally make it difficult for the referee to distinguish between real and counterfeit effort, but in such cases the referee should realize that if a really superior wrestler is penalized for stalling he will soon be back in the position of advantage and he will then make such an honest and obvious effort to secure a fall or to improve his position that the referee will have no further reason to penalize him.

Furthermore, referees should clearly understand that they are not doing their duty if they allow a contestant to score a single point for time-advantage by means of stalling. Under most circumstances 30 seconds is ample time for the referee to allow the offensive wrestler to demonstrate his offensive effort and referees should also understand that the primary burden for starting active wrestling rests on the shoulder of the offensive and not the defensive wrestler. *Continuous* "counter-wrestling" *with no real offensive effort* should be interpreted as stalling.

DANGEROUS HOLDS

Referees should be alert to possible injury which may result from dangerous holds, whether legal or illegal, and should anticipate and be prepared to block such holds before injury results. It is far better to have a half-a-dozen potentially dangerous holds stopped too soon than to have one serious injury result because the referee failed to stop that hold in time.

Furthermore, no contestant should ever be put in a position where he must yield a fall to avoid injury to a limb or to escape severe punishment. Intercollegiate wrestling is a contest of strength, speed and skill, and not punishment, and referees are expected to require contestants to break holds which endanger life or limb, and which are primarily punishing holds. No contestant should be allowed to retain any advantage which he has secured through use of an illegal hold.

Questions and Answers

RULE 2, SECTION 2.

Q.—If in a tournament a man who is a lone entry wrestle in one weight (say 165-pound class) the first day, can he drop back to a lighter class (say 155-pound) the next day if his weight will permit?

A.—No. He would be allowed to drop back to the lower weight on the first day before drawings are made for that class if he should see fit and if his institution is not represented by another contestant in that class.

RULE 3, SECTION 2.

Q.—Is a man permitted to wrestle barefooted?

A.—No. The rules require light, heel-less gymnasium shoes laced by means of eyelets.

Q.—Can a wrestler be disqualified or otherwise punished for abusive language when not in a contest: (a) when on the bench; (b) when in the locker room?

A.—The N.C.A.A. rules do not provide for such a matter and such a rule should be unnecessary in intercollegiate matches.

RULES 4 and 5.

Q.—Is it permissible to allow slight overweight in dual meets?

A.—No. Contestants and coaches know the required weights and it is not good sportsmanship for a coach to ask another coach to concede a handicap, and it is unfair to the contestant who has complied with the weight rules.

RULE 5, SECTION 1D(b).

Q.—If in a tournament a man is injured in the first round, can a reserve be put in his place for a later round?

A.—No.

RULE 6.

Q.—In a triangular meet, how should the drawings be made?

A.—Our rules provide for no different arrangement in triangular meets than in larger tournaments. Undoubtedly, however, in triangular meets with only one contestant representing each institution, a round robin would be the fairest and most satisfactory method, with an agreement relative to points for decision or fall.

RULE 6, SECTION 7 AND RULE 14, SECTIONS 1, 2, AND 3.

Q.—In a tournament a man is accidentally injured and thus loses a match. Can he enter his next regular match for a third place?

A.—Yes, because forfeiture of a match because of injury is not interpreted as a default.

RULE 6.

Q.—In a tournament a man is accidentally injured, but wins the match notwithstanding. He defaults the next match, which comes the same day, because of the injury. Can he, the following day, compete for third place?

A.—Yes. See preceding Q. and A.

Q.—If two opponents enter the ring dressed exactly alike and closely resembling each other, what can the Referee do to keep track of their identity?

A.—See Rule 3, Section 3.

RULE 7, SECTION 4.

Q.—When a fall results in the second three-minute bout of a match, what is the length of the last period?

A.—In tournaments the bout lasts only for the time it took the contestant to secure his fall in the second three minutes bout (i.e., if the fall was secured in two minutes, the third bout lasts but two minutes unless a fall is secured in less time). In dual meets the third bout is a three-minute bout because the contestant who lost the fall in the previous bout is allowed the full three minutes in which to try to pin his opponent. If he pins him in less time, then he wins the bout. If he pins him in a longer time, he is credited with 3 points and his opponent 5 points.

RULE 9, SECTION 1-C.

Q.—In resuming a match at the center of the mat, when should the Referee give contestants the same position they had when they left the mat?

A.—Only when a fall is imminent and the defensive wrestler intentionally works off the mat.

RULE 9.

Q.—If a man is temporarily injured when a fall is imminent, what positions do the men take when they continue after the three-minute rest period?

A.—The bout should be resumed as in Rule 9, Section 1.

RULE 10, SECTION 1.

Q.—Is interlocking of hands or arms permissible after defensive man has taken one or both hands from the mat?

A.—No. So long as both knees are on the mat, no complete armlock is legal. (See Rule 10, Section 1, Note 3.)

RULE 10, SECTION 1.

Q.—Man underneath raises both hands from mat and sits back on haunches at the same time using his hands in an effort to escape. Can top man lock hands or arms around him?

A.—No. Underneath man is still on the mat.

RULE 10, SECTION 1, NOTE 3.

Q.—Man underneath raises on knee from mat in an effort to escape. Can underneath man lock arms or hands?

A.—Yes. In order to prohibit locking of arms or hands, opponent must have both knees on mat.

RULE 10, SECTIONS 1 and 2.

Q.—Does the offensive wrestler lose his position of advantage when he is required by the Referee to break a dangerous or illegal hold?

A.—Yes, if illegal hold. No, if legal hold. See Rule 13, Section 5.

RULE 10, SECTION 2.

Q.—What should the Referee do in case a hold which is usually considered a legitimate hold is forced to such an extent as to endanger a limb, or where the hold becomes purely a punishing hold?

A.—Referee should require the hold to be broken, time should be taken out and the contestant who had the advantage should be given the Referee's position behind.

RULE 10.

Q.—Is a full nelson taken with the legs illegal?

A.—Yes.

RULE 10.

Q.—Has a man on defense a right to hold his forearm against his opponent's throat so that he cannot get closer and make his hold more effective?

A.—No. See Rule 10, Section 1.

RULE 10.

Q.—If a man in a body-scissors hooks one leg over the top toe of his opponent, does that class as an over-scissors?

A.—Yes, according to the rules all over-scissors are barred.

RULE 10.

Q.—Is a man on defense permitted to use toe holds, pressure across the face, twisting hammerlock, etc.?

A.—No. See Rule 10, Section 1 and Note 7.

RULE 10.

Q.—If the man behind on the mat clasps his arms about his opponent's waist and *one arm*, is this an illegal hold?

A.—Yes, if both of defensive wrestler's knees are on mat.

RULE 10.

Q.—If the defensive man frees himself from a dangerous hold by pushing against the face or throat or by twisting the fingers, what is the penalty?

A.—No specific penalty is provided and the Referee should decide the matter on the merits of the case.

RULE 11.

Q.—How long should a Referee allow a contestant to retain a stalling hold?

A.—If the contestant behind has been working hard and shows extreme breathlessness or exhaustion, he should be allowed to retain a hold of this nature for a short time; a period of thirty seconds or thereabouts should be sufficient for the Referee to decide whether or not the contestant is stalling.

RULE 11.

Q.—When a man has a fairly good hold, say a headlock with the under-arm included, can he be penalized for stalling if he holds it but is unable to pin his opponent?

A.—If the hold is one with which, in the opinion of the Referee, the offensive wrestler has a fair chance to pin his opponent and is making a real effort to pin him, it should not be considered a stalling hold.

RULE 11.

Q.—A man secures a riding-scissors and merely holds his opponent down, not being in a position to secure a fall and making no effort to secure a fall. Would this be construed as stalling?

A.—Yes.

RULE 15.

Q.—May the Referee legally call a fall when part of the opponent's body is off the mat?

A.—Yes. Any part of the body may be off the mat except one or both shoulders, provided, in the opinion of the Referee, the defensive contestant is not handicapped thereby.

RULE 16.

Q.—Must the Referee make a decision in all tournaments?

A.—Yes. See Rule 7, Section 2, and Rule 16.

RULE 16, SECTION 2-A.

Q.—Might a situation arise where two contestants are evenly matched and overtime periods fail to disclose any advantage when a draw might be the only decision?

A.—See Rule 16, Section 3, A and B.

RULE 18, SECTIONS 1 and 10.

Q.—If a man underneath slaps his opponent on the back, and becomes released as a consequence, and his opponent claims he thus concedes a fall, and he claims he was only trying to fool his opponent, what verdict should the Referee give?

A.—The Referee should decide the matter on the basis of his judgment as to intent of the defensive wrestler, and in the interests of good sportsmanship. Trying to "fool" an opponent is not good sportsmanship and should be so interpreted by the Referee.

RULE 18, SECTION 4-B.

Q.—Under what condition is a man permitted or not permitted to take out time for lacing a shoe or other adjustment of his clothing?

A.—Only when the Referee considers it necessary and so orders.

RULE 18, SECTION 13.

Q.—Should not Timers call out the passing minutes so distinctly as to be heard by contestants, coaches and spectators?

A.—Yes.

RULE 18.

Q.—What is the penalty for fouling if no injury is done to the opponent?

A.—See Rule 13

RULE 18.

Q.—What is the penalty for making derogatory remarks to an opponent or to his coach?

A.—The Referee has authority to disqualify the contestant if in his opinion the circumstances warrant it.

Index to Rules

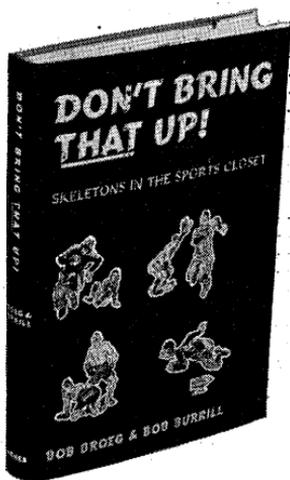
	RULE	SEC.	PAGE
Illustration of Drawings by Bagnall-Wild System.....	6	6	89
Eyes	6	5	87
Communicable Disease	5	4	85
Compete in One Class Only.....	2	2	79
Costumes	3	2	80
Decisions	16	..	111
Extra-Period Bouts	16	3	111
Regular Bouts	16	1	111
Third Place Matches in Tournaments	16	2	111
Defaults	14	4-5	107
Distinguishing Emblems	3	3	81
Drawings and Eliminations.....	6	..	85
For First Place	6	4	87
For Third Place	6	7	91
Graphic Illustration of.....	6	6	89
Seeding	6	3	85
Eligibility	1	1	78
Falls	15	..	108
Double	15	3	108
Fall vs. Decision.....	15	4	109
Pin	15	1	108
With Part of Body Off Mat.....	15	2	108
Holds—Illegal	10	..	100
Bending of Fingers.....	10	1	100
Body Slams	10	1	100
Double Wristlock	10	1	100
Double Wristlock (High School rules).....	5	A	120
Full Double Nelson.....	10	1	100
Hammerlock Above Right Angle.....	10	1	100
Holds Over Mouth, Nose, Eyes or Throat.....	10	1	100
Interlocking of Arms	10	1	100
Interlocking of Fingers.....	10	1	100
Interlocking of Hands	10	1	100
Over-Scissors	10	1	100
Strangle Holds	10	1	100
Twisting of Fingers.....	10	1	100
Twisting Hammerlock	10	1	100
Toe Holds	10	1	100
Injuries	14	..	107
Accidental	14	2	107
From Illegal Hold.....	14	3	107
General Default	14	4	107
Intermissions	7	5	98
Matches—Length of	7	..	93
Extra-Period Bouts	7	3	97
For First Place	7	1	93
For Third Place in Tournaments.....	7	2	95
Intermission Between Bouts.....	7	5	98
Mats	3	1	79
Near Falls	15	5	109
Notifications and Agreements.....	19	..	117
Officials	18	..	114
Referee	18	1	114
Timekeepers	18	13	116
Penalties	13	..	103
For Illegal Holds.....	13	4	105
Off Mat to Prevent Fall.....	13	6	106
Off Mat Intentionally	13	2	104
Pushing Defensive Man Off Mat.....	13	3	104
Sideline Coaching	13	8	106
Stalling	13	1	103
Point System	17	1	112

INDEX TO RULES

127

	RULE	SEC.	PAGE
Position of Advantage.....	8	..	98
Referee's Position on Mat.....	10	3	102
Representation	2	1	79
Roughness—Unnecessary	10	2	101
Butting	10	2	101
Elbowing	10	2	101
Gouging	10	2	101
Hair Pulling	10	2	101
Kicking	10	2	101
Strangling	10	2	101
Striking	10	2	101
Seeding	6	3	85
Scoring	17	..	112
Tournaments	17	2	113
Dual Meets	17	3	113
Point System	17	1	112
Tournaments or Dual Meets.....	17	4	114
Team Championship	17	5	114
Sideline Coaching	12	..	103
Spectators' Behavior	18	11	116
Stalling	11	..	102
Weighing-In	5	1	83
Weight Classification	4	1	81
Weight Allowance	5	2	83
Failure to Make.....	5	3	83

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