

WRESTLING- RINGEN RULESET

IGX SPRING 2026

Friday May 29th- Sunday May 31st, 2026
Danvers Indoor Sports- Danvers, MA, USA

IGX Spring 2026 will host 2 wrestling tournaments. The wrestling tournaments and their qualifications for entry are as follows:

- **Open Ringen:** Any wrestler may participate. Split into weight classes.
- **GenEq Ringen:** Any wrestler who is a woman, female, nonbinary, transgender, or other gender that is historically underrepresented and underserved in sports may participate. Please note that GenEq events are held for the purpose of providing a safe community space for wrestlers of all underrepresented genders to come together in friendly competition, not necessarily for wrestlers of the same hormonal makeup and/or sex assigned at birth. Split into weight classes.

The rules contained in this ruleset apply to all wrestling tournaments.

Questions concerning registration, tournaments, and tournament rules should be directed to info@irongateexhibition.com IGX values inclusion and accessibility for all wrestlers.

If a wrestler requires accommodation for any medical reason, they should reach out to a tournament organizer as soon as possible. We will make every reasonable effort to find solutions for any needed accommodation, but requests made without sufficient notice may not be possible to fulfill. We ask that all requests for accommodations be made at least one month before the event. We will still consider requests made after that time, but cannot guarantee their fulfillment.

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Gear Requirements:

Protective equipment will be inspected at the start of each pool. IGX organizers and the Tournament Lead have the final say on the inclusion of any and all equipment in events. Loaner gear will be available on a limited basis.

- Required Gear:

- A purpose- made wrestling jacket
 - Ringen-specific jackets and gis are allowed. Fencing jackets/ gambesons are not allowed. Jackets must not have any loose strings, loops, zippers, or other attachments. Jackets must fit the wearer in such a way that another wrestler could reasonably grab onto the fabric of the jacket at the back, collar, and sleeves (Jackets should not be skin-tight).
 - If a wrestler opts to wear an open front gi, they must wear some sort of clothing underneath (t-shirt, rashguard, sports bra, etc.)
- Fabric Wrestling Belt
 - Any fabric belt free from metal fastenings is acceptable. Belts should be sturdy enough to withstand rough pulling.
 - Judo/ BJJ belts are recommended.
- Mouthguard
- Athletic lower body clothing without metal fastening/ attachments
 - Sweatpants, leggings, athletic shorts, etc. are all acceptable.

- Prohibited Gear:

- Fencing jackets or gambesons
- Leather belts
- Belts with metal fastenings
- Socks + shoes
 - **Note: purpose-made grappling socks with sufficient grip on the soles to prevent slipping are permitted**
- Non athletic lower body clothing, or lower body clothing with metal fastening/ attachments
 - Jeans, work pants, cargo pants/shorts, skirts, fencing trousers, etc. are prohibited.
- Non-wrestling specific jackets

- Hoodies, zip-up jackets, long sleeve shirts without a jacket, etc. are prohibited.
- Hard groin protection
 - Hard or external groin protection, such as codpieces and hard cups, are prohibited. Soft groin protection (padded bike shorts or compression shorts, soft padding inside the shorts/ pants, jock strap, etc.) is allowed.
- **Gear Failure**
 - In the event that a wrestler's gear needs to be repaired or replaced during a match, they will be given a reasonable amount of time to repair or replace their gear. If the wrestler is not able to do so within the time allotted to them by the judge, they will incur all remaining points in the match (maximum 3). The wrestler will then be given until their next match to repair or replace their gear, and if they are unable to do so, they will incur all possible points in the match (3). This process will continue until the wrestler has repaired or replaced their gear, the tournament has ended, or until the wrestler has decided to discontinue their participation in the tournament.
- **Hygiene Requirements:**
 - All piercings, jewelry, and other accessories must be removed before competing. If a body piercing cannot be removed, it should be completely covered with medical tape or a bandage.
 - Glasses are prohibited- wrestlers must wear contacts if vision correction is needed.
 - Long hair must be tied back.
 - Fingernails and toenails must be trimmed to an appropriate length and must not be sharp or jagged.
 - If fingernails or toenails are found to be jagged or too long, participants will be asked to correct the issue, or they will be disqualified from the tournament.
 - Wrestlers must be free of contagious disease, infection, or fungus.
 - Wrestlers' bodies and clothing should be free from visible filth.
 - Wrestlers must wear deodorant.
 - Wrestlers will be subject to hygiene approval by the tournament organizers. A wrestler may be disqualified for concerns regarding health and hygiene, including excessive body odor or cold/illness.

Tournament Structure:

*Check-In starts 30 minutes prior to each tournament. All wrestlers must be checked in and geared up by the posted tournament start time. **Any wrestler who has not done so will automatically be removed from the registration list.** As a courtesy to event staff, please notify us ahead of time if you need to drop from a tournament.*

Initial tournament caps at registration are based on committed staff, and will be raised as we confirm more staff for each tournament. If you want to see higher registration caps, we recommend volunteering to staff or getting some of your clubmates to staff!

Pools:

This tournament will take place over the course of 1 round of pools.

- Pool size will be based on participant numbers, as well as weight class sizes.
 - Participants will only compete against others in their weight class, and they will be ranked only against others in their weight class.
- Bouts will be fought in a 20'x20' ring. Wrestlers must remain on the mats at all times during bouts. Wrestlers will begin each pass at designated spots on opposite ends of the ring.
- Each match will consist of 5 passes. A pass ends when a scoring action has been made.
 - Each pass will have a time limit of 45 seconds (maximum of three minutes + 45 seconds total per match). No warning will be given when time is nearly up.
 - Each wrestler will be allowed up to 30 seconds of rest time in between passes. Wrestlers should tell judges if they need their rest time. If a wrestler has two matches back-to-back, they will be allowed up to 3 minutes of rest time in between matches.
 - At the beginning of each match, wrestlers will be directed to shake hands in the center of the ring, and then take their places on opposite ends of the ring.
- Wrestlers will be ranked based on points accrued against them, Ties will be broken through the following methods, in order of priority:
 - Lowest number of cards accrued
 - Highest percentage of matches won

- Greatest level of activity and control during matches (determined by judge decision)

Weight Classes:

Weight classes will be determined based on participant numbers before the event. Each participant may compete in one weight class per tournament. While weight classes are not predetermined before registration, certain policies will be followed in weight class creation, to ensure equitable matches among participants:

1. We will not be requiring participants to provide their exact weight, or to weigh themselves at the tournament venue.

- IGX is aware of the negative impact that weigh-ins can have on wrestlers. However, weight classes are a necessary part of a large wrestling competition, and therefore are being used. Weight classes will be based on self-reported weight ranges. Wrestlers will be asked to select a 10 lb weight range that best reflects their current weight at registration. We are choosing to trust that participants will, to the best of their ability, select the weight range that most accurately represents their current weight. We ask that all participants do their best to be truthful, so that we may continue to operate in good faith in the future. **If a registrant's weight significantly changes between registration and the event, we ask that they inform IGX event organizers and/or update their registration online.**
- IGX discourages any wrestler from attempting to cut weight for the sake of competition. Wrestlers found to be resorting to dangerous weight-cutting practices may be barred from future wrestling competitions.

2. IGX organizers will make weight classes based on the weights provided by competitors.

- Within each weight class, no wrestler shall be more than 125% of the body weight of the lightest wrestler within that class. Exceptions to this rule will only be made for those wrestlers taking advantage of our Weight Class Equity Policy.
- Weight classes must contain at least two wrestlers in order for matches to be held within that weight class. If a registrant has no other registrants within their acceptable weight class range, that registrant will not have any matches, and is not entitled to any awards or prizes. In this situation, event organizers will reach out to the affected registrant(s) prior to the event date. Event organizers will take every step allowed by event policy to include all registrants.

3. IGX incorporates a Weight Class Equity Policy for all wrestling tournaments.

- IGX organizers understand that- in a mixed sex wrestling competition- strict weight classes may not accurately pair certain wrestlers. Body composition (i.e. fat to muscle ratio), can vary widely between male and female bodies, thus giving certain wrestlers a disadvantage against other wrestlers of the same weight. This disparity is more evident in higher weight classes. While body composition can also vary between individuals of the same sex, there is a statistically significant bimodal distribution of proportional body fat between male and female bodies of the same weight in aggregate, and therefore IGX is interested in creating a system of equity for all wrestlers. In order to create a more equitable wrestling environment, female wrestlers and women (including trans women) wrestlers may opt to wrestle within the weight class BELOW their actual class.
 - For example- a 210 lb woman would automatically be paired with other wrestlers in the 205-215 lb weight range. If she opts to drop a weight class, she will be moved down to the next highest class. This would be handled by organizers, and other competitors would not be told if someone opted to drop down.
- You cannot drop more than one weight class from your actual class
- **This is an entirely optional system.**
 - If you are a wrestler to whom this option is being extended, it is completely up to you if you want to take advantage of it. You are welcome to wrestle within your actual weight class and ignore this option. You will be given the option to select or deny this option at registration.
- **As both the Open and GenEq tournaments may have wrestlers of varying sexes and hormonal makeups, the option to drop a weight class will be extended to wrestlers in both tournaments.**
 - If all wrestlers in the GenEq tournament are able to and desire to drop down a class, no changes will be made to the standard weight class designations. If some wrestlers within the GenEq tournament are not able to or do not desire to drop down, organizers will adjust the weight classes accordingly.

Scoring:

Points will accrue **against** wrestlers (more points= bad!). Wrestlers will be ranked by fewest number of points. (Ex. A wrestler with 1 point is ranked ABOVE a wrestler with 3 points.)

- Throws:

- In the context of this ruleset, a throw is defined as any action that causes an opponent to touch the ground with any body part other than their feet.
A Throw will result in two (2) points against the thrown wrestler.

- Doubles:

- Doubles are defined as any action that ends with both wrestlers touching the ground with any body part other than their feet. Doubles will not be considered scoring actions. Only clean throws will score. **If a double occurs, the pass will be reset (time limit will not be reset).**

- Time Limit:

- If the 45 second time limit is reached during a pass, the pass will go to judge decision. Judges will have two options:
 - **If one wrestler clearly demonstrated more activity and control throughout the pass, judges may assign one (1) point against their opponent.**
 - **If neither wrestler clearly demonstrated more activity and control throughout the pass, judges may declare a true double. Both wrestlers will have one (1) point assigned against them.**

- Ring Out:

- A ring out will not be considered a scoring action. If one or both wrestlers step out of the ring, a **hold** will be called immediately, and the pass will be reset (time limit will not be reset).
 - Judges may opt to call an early hold if they anticipate an imminent ringout or throw that will land outside the ring.

- Cede:

- At any point directly before or during a pass, a wrestler may opt to cede either the pass or the match. If a wrestler cedes a pass, they will receive one point against them. If a wrestler cedes a match, they will receive two (2) points per pass remaining against them (max 10).
 - To cede before the start of a pass, the wrestler should clearly announce to the judge that they wish to cede.
 - To cede during a pass, the wrestler should firmly tap on their opponent's body, and loudly and clearly announce "Hold!". If a wrestler does this, the judges will call a Hold, and both wrestlers should immediately back away from one another. The wrestler who wishes to cede may then communicate that desire to the judges.
- **In an abundance of caution, judges will call a hold if either wrestler speaks at all, to be sure if they are ceding or raising a safety concern. As such, wrestlers should avoid speaking unless there is a safety concern.**

Penalties:

*The goal of penalties within this ruleset are to minimize, correct, and penalize **reckless or unsafe behavior** within the ring. As such, cardable actions are those which jeopardize the physical, emotional, or mental safety of participants, staff, and/or spectators. Judges are given discretion in deciding if and when to card participants. While situations that will likely warrant a card are outlined below, judges should use common sense and their best judgement when assigning cards. Judges should consider each situation individually. Judges should contact the Tournament Lead if they are unsure about a penalty decision.*

Levels of Penalty:

Note: There is no max score when cards are being given. If a wrestler has 2 points against them and then are given a red card, they will end the match with 12 points.

- Verbal Warning: no point penalty
- Yellow Card: 3 point penalty (counts towards match total)
- Red Card: 10 point penalty
 - Yes- this means you could potentially end a match with up to 20 points. Yes- this is very bad for your score. Don't get a Red Card.
- Black Card: ejection from tournament
 - If a Black Card is issued, the receiving participant may also be subject to ejection from other tournaments, as well as prohibition from future IGX events. Such decisions will be made by event organizers on a per-case basis.
 - Judges must consult the Tournament Lead before issuing a Black Card.

Cards do not automatically escalate. While escalation is optional, judges are encouraged and empowered to escalate cards whenever they feel is appropriate.

- EX. A judge may assign a yellow card for a first offense, or they may immediately escalate to a red card.
- EX. A judge may opt to give a second yellow card to the same participant, or they may opt to escalate to a red card.
 - Judges are encouraged to escalate cards for repeat offenses.

- Cards will be tracked throughout the entire tournament, and judges are encouraged to escalate cards if a wrestler has been carded in a prior match.

A participant may not be awarded a scoring action in the same pass that they receive a card. A participant may be awarded a scoring action in the same pass that they receive a verbal warning.

Cardable Actions:

- Manipulating an opponent's joints against their natural movement- attempting to perform a submission is prohibited
- Repeatedly falling in an unsafe manner or neglecting to protect oneself when falling
- Catching oneself on an opponent to avoid touching the ground
- Repeatedly talking to cause pass resets
- Restraining an opponent while falling or forcing an opponent to fall unsafely; performing an action that disallows an opponent from performing a breakfall
- Attempting to drag an opponent to the ground during a throw in order to force a double
- Intentionally stepping out of the ring to avoid a throw
- Failing to cease all action when a Hold is called
 - Performing a revenge throw (immediately subject to Black Card)
- Performing a throw that slams the opponent onto the ground (i.e. performing a throw that partially or entirely lifts the opponent off of the ground and accelerates them downwards through a forceful throw or through dropping the opponent with no control)
- Performing any action that a judges deems to be reckless, dangerous, or excessive, including, but not limited to:
 - Performing a throw meant to land an opponent on their head
 - Punching, slapping, kicking, headbutting, or otherwise striking an opponent
 - Biting, scratching, choking, hair-pulling, eye-gouging, or penetrating orifices
 - Pushing/ shoving an opponent out of the ring
 - Removing protective gear (from either wrestler) during a pass
 - Performing any other illegal action, as defined within this Ruleset
- Arguing with or disobeying a judge
 - Influencing judges (as defined below) may be considered disobeying judges if done repeatedly

- Exhibiting any other conduct within the ring which creates a hostile or unsafe environment for spectators, staff, or other wrestlers
 - Throwing gear
 - Insulting or yelling at other persons
 - Responding with excessive anger to ranking or judge decisions
 - Violating the IGX Code of Conduct
 - Judges may also assign a card for any action they deem unsafe which does not explicitly meet criteria given here but otherwise poses a safety risk.

Wrestler's Rights and Interaction with Judges:

- Wrestlers may have up to one coach accompanying them at the ring.
 - Wrestlers and their coaches may ask questions, request clarification on a scoring/ penalty decision, or raise safety concerns with the judges. Wrestlers may not argue with the judges, nor may they make friendly/casual conversation with judges during a match.
 - Wrestlers and their coaches are empowered to approach judges or other staff. If they feel there has been an oversight related to safety or penalty. **If a wrestler is injured, suspects injury, or has been caused pain by an opponent, they should immediately approach event staff.**
 - Coaches may not speak with wrestlers or judges during an ongoing pass, except in the case of a safety concern.
 - Coaches may not yell out advice, encouragement, etc. to wrestlers during passes
 - Wrestlers will not be penalized for their coaches' actions, but coaches who are disruptive or cause safety concerns may be removed from the event at any time by judges or the Tournament Lead.
- Wrestlers have the right to deny a scoring action. This includes in the case of a double. Points assessed against oneself cannot be denied. Wrestlers must wait until the judge has announced the score for the match before denying a scoring action.
- Wrestlers have the right to forfeit a match at any time. Forfeiting a match will incur all remaining points (maximum 10) against the forfeiting wrestler.
 - If a wrestler is considering forfeiting due to behavior by their opponent such as bullying, harassment, intimidation, physical or mental harm, or causing pain, they should instead approach event organizers, who will handle the situation accordingly.

- As a reminder, discrimination is against the IGX Code of Conduct. Forfeiting a match due to refusal to wrestle a certain class of persons (ex. women, LGBTQ+ people, people of color, etc.) will be considered discrimination and will be handled accordingly by event organizers.
- Wrestlers should remain calm and collected following each pass. Excessive celebration or anger may be considered to be influencing the judges, and therefore subject to penalty.
 - **Wrestlers may not self call in any way- including, but not limited to:**
 - Tapping their body where they believe they touched the ground.
 - Correcting a judge.
 - Early point denial
 - Arguing with a judge.
 - Announcing a throw made by themselves or their opponent.
 - Attempting to end an exchange before a hold is called by a judge, except for safety reasons

igXhibition Points (XP)

Wrestlers who demonstrate particularly skillful or artful fencing may be awarded igXhibition Points (XP). These points will be counted for each event, and a prize will be awarded for the highest number of XP per event. Wrestlers who earn XP will also be entered into a raffle at the end of the weekend (1 entry per XP earned).

Judges will assign XP following each pool.

- Each pool will have a maximum number of XP equal to the number of wrestlers in that pool (pool of 5: 5 XP, pool of 6: 6 XP, etc.) that its judges may opt to assign following all matches in a pool. Wrestlers may receive no XP, one XP, or multiple XP.
- Judges do not have to assign all (or any) of their allotted XP if they do not feel they have been earned.
 - As XP are awarded at the end of the pool and not during matches, judges will have the ability to “highlight” matches that they wish to keep in mind during their XP assignment. If a judge highlights a match, the table will mark the match on their scoresheet to be revisited at the end of the pool.

Examples of behavior that may be awarded XP (This list is not exhaustive!):

- Successful escape and counters of attempted throws, or otherwise strong defense
- Clean and controlled grappling actions
- Performing gentle throws with minimal force
 - Accruing cards and wrestling unsafely, regardless of style, will make wrestlers less likely to receive XP!
- Beautiful or entertaining wrestling
- **Wrestling with style and art-** bouts that would make it into an IGX highlights reel!

Judge Rating Program

At IGX Spring 2026, competitors will be asked to rate their judges following each tournament round. This policy details the process by which those ratings will be collected, their use and storage, and the rights of staff members regarding data privacy, data sharing, and participation in this program.

Purpose:

- IGX has implemented its judges rating program for the following purposes:
 1. Recognition + award for high performance. The top rated judges will be publicly congratulated and receive prize items as recognition for their performance as judges.
 2. Identification of skilled judges for future event staffing recruitment. IGX organizers may invite judges to staff at future events based on high ratings. However, judges who are rated poorly will NOT be punished in any way, and no individual will be barred from volunteering as a staff member at future events on the basis of previous event ratings. If a serious complaint regarding behavior or conduct of a judge is filed through a ratings submission, that will be considered an issue separate from a judge's ratings, and punitive or expulsive action may be taken by IGX organizers.
 3. Provision of a productive avenue for competitors to lodge complaints or express frustration with judges. This system allows fencers to freely and anonymously express satisfaction or dissatisfaction with judges, while encouraging them away from direct confrontation with or criticism expressed to the judge in question.
- Based on its pilot testing in 2025, it is the belief of the IGX organization team that the above purposes are achieved by the rating program and that those purposes are sufficient cause to continue pursuing the rating program.

Process:

- Following each tournament round, competitors will be asked to submit ratings of the judges that judged their matches. While it will be highly encouraged that all fencers do so, it will not be a mandatory practice.
- Ratings submissions will be made on paper, so that any submissions made for a judge who has opted out of the ratings program (more info in "Judge Rights") may be destroyed without a digital trail. Submissions will be made anonymously. A member of the IGX management team will input all handwritten ratings submissions into a digital spreadsheet.
- Competitors will rate judges on a scale of 1-5 in the following categories:
 - Judging Accuracy

- Rules Knowledge + Application
- Volume + Ring Presence
- Ring Culture + Safety
- Comments (fencers may opt to write in any comments they have)
- Averages will be calculated for each category and overall. Prizes will be awarded to top performing judges (exact number and type to be determined based on availability and event resources).

Data Storage + Privacy

- Judge ratings will be stored and calculated in a private spreadsheet accessible only to IGX management. IGX staff and planning team members who are not part of the management team will not have access to this document or data without explicit written permission from the rated judge(s). No individual, group, event, database, organization, or other entity outside of IGX will be granted access to this document or data without explicit written permission from the rated judge(s). After digital data entry is complete, paper ratings submissions will be destroyed.
- If a member of the IGX management team leaves the management team, they will lose access to any judge rating data that they previously had access to.
- Data for event-wide ratings (the overall rating of all judges in a tournament) may be aggregated and tracked year-to-year.

Judge Rights

- Judges have the right to opt out of inclusion in the ratings program. Any individual who wishes to opt out should inform an IGX management team member in writing. The general IGX email address is info@irongateexhibition.com
 - 2026 Management Team:
 - Jeff Tsay
 - Ella Rose (preferred contact for tournament staff)
 - Sarah Zordan
 - Sean Thompson
- Judges who opt out of the rating program:
 - Will not have any ratings data collected, stored, or calculated. Any paper ratings submissions made for a judge who has opted out will be destroyed and will not be entered into any digital document.
 - Are not eligible for any performance-based judge recognition or prize. They may still be included in general staff raffles.
 - Will not have their names or opt out status made public.
- Judges have the right to request a summary of their ratings. Upon request, IGX will share an individual's total average rating, category average ratings, and any comments submitted. IGX will not share this data unless requested.

Staff Roles + Assignments

The Tournament Leads will be the following:

- Open Longsword: Ella Rose
- GenEq Longsword: Drew MacKeil
- Wisdom Longsword: Ella Rose
- Beginners' Longsword: Ella Rose
- Open Sword + Buckler: Ella Rose
- Open Saber: Ella Rose
- Open Ringen: Shane Scallin
- GenEq Ringen: Shane Scallin

Other staff assignments and staff training materials can be found on the Staff Resources page at irongateexhibition.com. To volunteer to staff a tournament, please reach out to Ella Rose (IGX Lead Tournament Organizer) at ella.rose936@gmail.com. Staff volunteers receive a free IGX t-shirt and reduced event registration pricing.

Staff roles:

- **Tournament Lead**
 - Runs tournament check-in
 - Explains rules and answers rules questions at the start of the tournament
 - Oversees all other staff and resolves any questions that arise during the tournament
 - Hands out medals and announces elims + finalists
 - Resolves decisions concerning penalty and removal from the tournament that cannot be handled by judges
 - Encourages and enforces proper judging style
 - Conducts hygiene check at start of tournament
- **Scorekeeper**
 - Oversees table staff
 - Compiles and records score, XP, and penalty data from all pools
 - Calculates overall
- **Director/ Lead Judge**
 - Officiates matches
 - Looks for scoring actions and halts passes
 - Determines score and penalties

- Assigns igXP
- Conducts gear check at the beginning of each pool
- Directors are directly responsible for maintaining the safety and atmosphere of their ring.
- **Assistant Judge**
 - Looks for scoring actions and halts passes
 - Helps Director determine score and penalties and assign igXP
- **Table**
 - Keeps track of score and penalties for individual pools, reports to scorekeeper
 - Highlights matches for XP, as directed by judges
 - Announces wrestlers currently wrestling and wrestlers that are “on deck”
 - Announces match ends and matches winners
- **First Aid**
 - Will be on hand at all times to tend to any injuries or illnesses during the event
 - If severe injury (such as concussion) is suspected by first aid or other staff, judges may elect to remove a wrestler from the tournament, regardless of the injured wrestler's wishes.

Judging Style and Language Guidelines

There will be two judges per ring- one Director and one Assistant Judge- as well as one table staff. Judges should wait to declare score decisions or begin a match until both wrestlers are at their starting lines.

- Director's Script:

- Before a pass:
 - "Table ready? Judge ready?"
 - This phrase should only be asked before the first pass of a match, or after an extended interruption in passes.
 - This is a question, you should wait for visual or verbal confirmation from both staff members that they are ready before continuing.
 - "Wrestlers, ready!"
 - This phrase addresses both wrestlers. It is a command, not a question. Do not wait for confirmation from wrestlers before continuing. Only wait if a wrestler indicates that they are NOT ready to proceed.
 - "Begin!"
 - This phrase begins a pass. Say it only once, loudly and clearly. Only use this phrase when you and the other staff are ready to begin the pass.
 - Do not use any phrases other than "begin" to begin a pass, such as "fight," or "go."
 - "Hold!"
 - This phrase ends a pass. Say it only once, loudly and clearly (unless wrestlers do not respond to the initial call). The call should last approximately one second. **Both the Director and Assistant Judge may call a hold, and should do so when they see a potential scoring action.**
 - Do not use any phrases other than "hold" to end a pass, such as "halt," "point," or "stop."
 - **Wrestlers must immediately cease all action and return to their starting line upon hearing a hold called.** Actions taken after a hold is called may be penalized.

- “What happened during that pass?”
 - If judges are unsure about a safety/behavior/penalty issue, they may individually ask each wrestler to describe what happened during the pass. They may not ask leading questions (ex. “Did they drag you down?” “Did you throw them?”), and they must speak to each wrestler privately. Judges will ultimately have to make final decisions, but they are encouraged to take into account wrestler feedback when considering safety/behavior/penalty decisions.
 - **Judges may not ask wrestlers for feedback when considering scoring decisions.**
 - “Nothing done”
 - This phrase should be used if a hold is called by mistake or if no scoring action can be identified. The pass will then be restarted (time limit will not be reset)
 - When a judge opts not to award a point for an action, they must provide the reason why that decision was made. (Ex. “The action incurred a penalty” etc.)
 - When a judge gives a penalty, they must provide one of the reasons detailed in the “Penalties” section below.
 - When a judge assigns points, they must recount the action that scored, and then announce which wrestler receives the point.
 - **The phrase “one point AGAINST x wrestler” should be used, to avoid awarding points in reverse.**
 - Judges should spend a minimal amount of time on deliberation, and should opt to re-wrestle a pass that they cannot agree on a score for. EFFICIENCY is key!
- Reset of Pass:**
- If a judge resets a pass, no score is awarded, and the wrestlers will re-wrestle that pass (time limit will not be reset). A judge may reset a pass for the following reasons:
 - Hold was called for a non-scoring action
 - EX. premature hold, safety hold, non-quality contact, hold for penalty, no identifiable scoring action, etc.
 - A hold was caused for a safety-related reason
 - When a pass is reset, wrestlers must return to their starting line and begin the new pass from their starting line.

Wrestlers must return to their starting lines upon a hold being called. Judges should wait for both wrestlers to return to their starting lines before announcing score/penalty.

Judges should allow a reasonable time for wrestlers to speak to their coaches between passes.