

## **OFFICIAL WRESTLING SIGNALS** HIGH SCHOOL AND COLLEGE













**Injury Clock** 

Injury Clock

**Neutral Position** 



**Indicating No Control** 



**Out-of-Bounds** 



Indicating Wrestler in Control Left or Right Hand



**Defer Choice** 



**Potentially Dangerous** Left or Right Hand





Caution for False Start and Incorrect **Starting Procedure** 



Stalling Left or Right Hand



**Interlocking Hands** or Grasping Clothing



Reversal



**Technical Violation** 



Illegal Hold or **Unnecessary Roughness** 



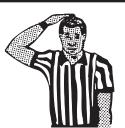
Near-Fall



**Awarding Points** Left or Right Hand



**Unsportsmanlike Conduct** 



Flagrant Misconduct Left or Right Hand