

University of Wyoming
INTRAMURAL SPORTS

WRESTLING RULES

(Updated 8/05)

General Rules Adapted for Intramural Play; in other cases, rules of the National Federation of State High School Athletic Association will be in effect

1. Weight classes are determined prior to the start of competition.
2. Matches will consist of three periods, one and one half minutes in duration.
3. Current rules of the NFSHSA will apply except as modified for intramural competition (grooming, match length, headgear, uniforms).
4. Wrestlers are encouraged to bring their own headgear. Headgear is available to those who do not have their own.