

PENALTY CHART (Available in PDF format on Web site – nfhs.org)

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty				
Illegal Holds/Maneuvers Technical Violations Stalling Unnecessary Roughness Unsportsmanlike Conduct by Contestants During a Match Not Reporting to Scorer's Table Properly Equipped	7-1 7-3 7-6 7-4-1 7-4-2 8-1-1	No No Yes No No No	} 1 Pt.	1 Pt.	2 Pts.	Disqualify				
False Start or Incorrect Starting Position	8-1-3						Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes					Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel	7-4-2 7-5-3 8-1-4	No					Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No					Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament.			

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Flagrant Misconduct - Coaches and Other Team Personnel	7-5-5 8-1-3 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform	7-3-7 8-1-1		Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time.

Summary of Technical Violations

Going out of Wrestling Area (Fleeing) (7-3-1)
 Grasping Clothing, Etc. (7-3-2)
 Interlocking Hands (7-3-3)
 Leaving Wrestling Area Without Permission (7-3-4)
 Figure 4 Head From Neutral (7-3-5)
 Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-6)

Note 1 — Disqualification due to technical violation, illegal hold, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

Note 2 — Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned.