

Huskerland Tournament Rules Modifications

Huskerland uses the National Federation of High School Wrestling Rules with the following modifications:

1. Grades 4 & Under: Matches consist of Three 60 second periods; all starting in the neutral position. Sudden Victory Overtime consists of 60 seconds; Ultimate Tie Breaker is 30 seconds with the winner of the coin toss having choice of top or bottom. Tech falls are 10 points.
2. Grades 5-8: Matches consist of three 90 second periods with choice of 2nd & 3rd periods. Sudden Victory Overtime consists of 60 seconds; Ultimate Tie Breaker is 30 seconds with the winner of the coin toss having choice of top or bottom. Tech falls are 12 points.
3. All grade groups match to be stopped after the first score in overtime; there are no falls in overtime unless it is a defensive fall in the tie breaker.
4. Grades 4 & Under: No Cautions for incorrect starting positions. Guillotine & Double Arm Bar are to be ruled potentially dangerous upon application. Fifteen second limit on the use of Headlocks to include Head/Arm throws and the $\frac{3}{4}$ nelson. (Officials are encouraged to call potentially dangerous sooner for this age group than they would for the older age groups. Officials are to stop the action if the bottom wrestler appears to be in an overly stressful situation or when any twisting of the head or neck occurs. Officials are to award any back points earned before action is stopped.
5. Cry Rule for All Age Groups: Wrestlers are to be charged a full injury time out on the first occurrence; Disqualification on the second occurrence.
6. Officials need to be extra observant for skin infections and long nails as youth weigh-ins often fail to address these areas properly. NFHS uniform rules are not applicable.
7. No hair rule is in effect, but wrestlers must be clean. Biker shorts are allowed; Head gear is optional but highly recommended; Singlets and wrestling shoes are also highly recommended; T-shirts & shorts are allowed but must be tight fitting. Shoes with metal eyelets are not allowed.
8. Injury Time, Recovery Time and Blood time are the same as high school.
9. All wrestlers will be given at least 20 minutes of rest time between matches.
10. This is not a Huskerland Rule but for 2nd Grade & Below we warn the wrestlers for locked hands on the first occurrence and then go into the penalty chart for each subsequent offense.