



NAIA Women's Wrestling

RULE MODIFICATIONS

NAIA Women's Wrestling will follow USA Wrestling and United Wrestling Playing Rules with approved NAIA modifications. The modifications listed below are the only current modifications to the USA Wrestling rulebook. Any future modifications must be passed by the NAIA Women's Wrestling Coaches Association (NAIA-WWCA) and approved by the NAIA National Administrative Council (NAC).

USAW RULE 24.1 – AGE DIVISIONS AND WEIGHT CLASSES

Eliminate birth year restrictions, require all athletes must be certified as eligible.

Adopt the 10 weight classes as: 103lbs., 110lbs., 117lbs., 124lbs., 131lbs., 138lbs., 145lbs., 160lbs., 180lbs., and 207lbs.

Wrestlers are not required to show their USA card and registration form to receive a weigh-in card.

USAW RULE 4.14 – WEIGH-IN

Men's NCAA Rule 9.2.3. Weigh-In Times. For all competition types, the weigh-in times shall be two hours or sooner from the start time of competition. If the coaches participating in an event do not mutually agree to a weigh-in time less than two hours, the weigh-in time will default to two hours prior to the start time of competition.

***New for 2026-27** Women's NCAA Rule 9.3.2. 1-Pound Weight Allowance. In all instances when back-to-back team competition occurs, all wrestlers shall receive a 1-pound weight allowance on the second day of competition. Additionally, if a team competes within a 48-hour window (measured by event start time), all wrestlers shall receive a 1-pound weight allowance for the subsequent event within that window. The 1-pound weight allowance would include those wrestlers on opposing teams who did not compete the day before. The maximum weight allowance is 1 pound regardless of the number of back-to-back events that occur. In order for the 1-pound weight allowance to be utilized, all back-to-back competitions must be an official team date of competition. The 1-pound weight allowance will not alter a wrestler's weight-loss descent plan for subsequent weigh-ins.

Singlet: To allow singlets to be the institution's color.

USAW RULE 5.1 – HEADGEAR

Allow headgear in NAIA Women's wrestling competition.

USAW RULE 9.2 – BLEEDING TIMEOUT

Determining the number and length of bleeding timeouts is left to the discretion of the referee.

USAW RULE 9.3 – INJURY TIME

Wrestlers are allowed a maximum of 1.5 minutes injury time. A third non-bleeding injury timeout will terminate the match. The non-injured wrestler shall be declared the winner by injury default.

MEDICAL FORFEITS

Men's NCAA Rule 2.3.12b. Medical Forfeits. Changes the first medical forfeit to a loss on the wrestler's individual season record form, except when a medical forfeit occurs immediately following an injury default.



WEIGHT MANAGEMENT – TRANSFER WRESTLERS

Transfer-Wrestlers (Two-Year) – Non-four year to NAIA. Wrestlers who transfer from a two-year institution to NAIA institutions must complete the weight certification at the NAIA school.

Transfer-Wrestlers (Four-Year) – Four-Year to NAIA. Wrestlers who transfer from a four-year institution to an NAIA institution shall not recertify. The coach and/or medical personnel at the institution receiving the transfer shall put in a Trackwrestling ticket, requesting a transfer of the wrestler's certification information to their school. After securing permission from the NCAA Weight Management Liaison, Trackwrestling will transfer the certification data to the new institution where a member of the coaching staff will accept the transferred certification information.

DUAL MEET SCORING

Dual Meet Scoring (Tie-breaking procedures):

1. Red Cards
2. Most Wins
3. The most victories by fall, default, forfeit, or disqualification
4. The most match victories by technical superiority
5. The most technical points obtained during the match
6. The fewest technical points allowed during the match
7. The outcome of the last bout competed.

TOURNAMENT SCORING

Tournament Scoring:

	1st	2nd	3rd	4th	5th	6th	7th	8th
Four Places	10	7	4	2				
Six Places	12	10	9	7	6	4		
Eight Places	16	12	10	9	7	6	4	3

Bonus Points: Bonus points cannot be scored when teammates are competing against one another.

UWW RULE 7.41 – CLASSIFICATION POINTS

Adopt UWW classification Points, NAIA Scoring would be as follows:

- Pin, DQ, FF, Inj Def. – Team Points are 5-0
- Technical Fall (10 point margin) Opponent scores no match points (Ex. 10-0) team points are 4-0
- Technical Fall (10 point margin) Opponent scores match points (Ex. 12-2) team points are 4-1
- Decision and opponent scores no match points (Ex. 8-0) team points are 3-0
- Decision and opponent scores match points (Ex. 8-3), team points are 3-1

USAW RULE 20.3 – YELLOW AND RED CARD PENALTIES

Penalties for and potential reasons for Yellow and Red Cards at NAIA events from officials to athletes/coaches.

- Yellow Card Penalties
 - One yellow card – Deduction of 1 team point – whether tournament points or dual meet team point.
 - Accumulation of 2 yellow cards in a single event will result in a red card (however penalties from the yellows are all that would be assessed to team scoring).



- Accumulation of 5 Yellow cards by a single individual in a single season would result in a suspension for that individual from the next event.
- Red Card Penalties
 - One Red Card – deduction of 3 team points – whether tournament team points or dual meet team points.
 - If an athlete – removal of all team points scored by the athlete in the event
 - If an athlete – removal of athlete from awards podium
 - NAIA policies regarding ejections/suspensions also applies.

CONCUSSION PROTOCOL

- In the case of a possible concussion, the referee shall stop the match for a concussion evaluation
- The medical personnel conducting the evaluation shall have unlimited and unimpeded time to evaluate the wrestler
- In cases of uncertainty, the medical personnel shall be granted the ability to remove the wrestler from the competition area to perform the concussion evaluation
- During the evaluation, the match will be suspended until a decision is rendered
- During this match suspension period, the referee, the coaches of each wrestler, and the non-injured wrestler are to remain on the mat
- A concussion evaluation timeout shall not count toward the wrestler's injury or recovery time
- An injury timeout that is converted to a concussion evaluation timeout shall be handled only as a concussion evaluation timeout and the injured wrestler shall not be charged with an injury timeout
- Only the referee or the medical personnel are allowed to request a concussion evaluation during injury

UWW RULE ARTICLE 5 – THE UNIFORM

Allow UWW Classic Uniforms to be worn in NAIA competition if an athlete elects to wear due to religious, cultural, or individual reason.