
























OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



 Stopping the Match	 Time-Out	 Reset the Injury Clock	 Stop the 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	 Stalemate	 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	 Green Right Red Left Unsportsmanlike Conduct	 Flagrant Misconduct Left or Right Hand	