



NFHS OFFICIAL WRESTLING SIGNALS

1. Starting the Match 	2. Stopping the Match 	3. Time-Out 	4. Start Injury Time
5. Starting Blood Time-Out 	6. Start Recovery Time 	7. Stop Blood/Injury/Recovery Time 	8. Neutral Position
9. Indicates No Control 	10. Out-of-Bounds 	11. Indicates Wrestler in Control - Left/Right Hand 	12. Defer Choice
13. Potentially Dangerous - Left/Right Hand 	14. Stalemate 	15. Caution - False Start or Incorrect Starting Procedure 	16. Stalling - Left/Right Hand
16a. Neutral Stalling Back Out 	16b. Neutral Position Wrestlers Engaged 	16c. Pulling Opponent Out-of-Bounds 	16d. Pushing Opponent Out-of-Bounds

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17. Interlocking Hands or Grasping Clothing 	18. Reversal 	19. Technical Violation 	20. Illegal Hold 
21. Near-Fall 	22. Awarding Points - Left/Right Hand 	23. Unsportsmanlike Conduct - Left/Right Hand 	24. Flagrant Misconduct - Left/Right Hand 
25. Coach Misconduct - Left/Right Hand 	26. Unnecessary Roughness - Left/Right Hand 	27. Default Technical Fall Disqualification 	28. Start Head, Neck, Cervical Injury Evaluation Time 

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