



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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