



OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



Green Right



Red Left

Unsportsmanlike Conduct
and Flagrant Misconduct



Stopping the
Match



Start the
Injury Clock



Stop the
Injury Clock



Technical Violation



Out-of-Bounds



Indicating No Control



Awarding Points
Left or Right Hand



Reversal



Interlocking Hands
or Grasping Clothing



Near-Fall



Caution for False Start
and Incorrect
Starting Procedure



Stalling
Left or Right Hand



Illegal Hold or
Unnecessary Roughness



Indicating
Wrestler in Control
Left or Right Hand



Defer Choice



Stalemate



Time Out



Neutral Position



Potentially Dangerous
Hold Left or Right Hand