

A black and white photograph of two young boys in wrestling singlets, facing each other in a ready stance on a wrestling mat. The mat has circular and rectangular markings. The photo is framed by a large blue diamond shape with white geometric patterns. The text "Wrestling Regulations" is centered over the photo in a large, black, sans-serif font.

Wrestling Regulations

EST.  1990 **ATHLETIC EQUIPMENT**

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NCAA: National Collegiate Athletic Association

- Wrestling 1 – 1: [Mat Specifications](#)

"Mats shall have a competition circle between 32 and 42 feet in diameter. There shall be a matted area with a minimum width of five feet that extends entirely around the competition circle. The competition circle and matted area shall be differentiated by the use of either contrasting colors or a 2-inch-wide line. This 2-inch-wide line that outlines the edge of the competition circle is part of the wrestling area and therefore in bounds." – Page 9

- Wrestling 1 – 2: [Mat Safety Standards](#)

"The entire competition circle and surrounding matted area shall be the same thickness, which shall not be more than 4 inches nor less than the thickness of a mat that has the shock-absorbing qualities of a 2-inch-thick hair-felt mat. For the 2017-18 season, it is recommended the entire competition circle and surrounding matted area meet the most current ASTM Specification Standard for wrestling mats. By the 2018-19 season, all wrestling mats shall comply with the ASTM Specification Standard. All mats that are in sections shall be secured together." - Page 9

- Wrestling 1 – 3: [Mat Markings](#)

"There shall be placed in the center of the mat two 1-inch down position starting lines. The lines shall be 3 feet long and 10 inches apart. Two 1-inch neutral starting position lines shall close the ends of the down position starting lines. One of the two neutral starting lines shall be green and located closest to the home team, and the other shall be red and located closest to the visiting team." - Page 9

- Wrestling 3-1: [Mat Setup](#)

"No obstruction such as tables, bleachers, competitor seating or walls shall be placed closer than 5 feet from the edge of the competition circle. It is recommended, whenever possible, that all obstructions be placed not closer than 8 feet from the edge of the competition circle. When two mats are side-by-side, there shall be at least 5 feet of matted area between the two competition circles."

- Page 10

ASTM: The American Society for Testing and Materials

"Nonprofit organization that develops and publishes technical standards, covering the procedures for testing and classification of materials of every sort"

- E84: [Standard Test Method for Surface Burning Characteristics of Building Materials](#)
"This standard is used to measure and describe the response of materials, products, or assemblies to heat and flame under controlled conditions."
- E648: [Standard Test Method for Critical Radiant Flux of Floor-Covering Systems Using a Radiant Heat Energy Source](#)
"Designed to issue a basis to determine one aspect of the fire exposure behavior of a floor-covering system installed in a building."
- F1081: [Standard Specification for Competition Wrestling Mats](#)
"Establishes the physical and performance requirements for qualifying construction designs of competition wrestling mats used in U.S. collegiate or high school style (Type I), and international free style (Type II) wrestling. The mats shall be tested and conform accordingly to tensile strength, shock absorption, and thickness requirements."
- F1292 - 17a: [Standard Specification for Impact Attenuation of Surfacing Materials Within the Use Zone of Playground Equipment](#)
"Specifies impact attenuation performance requirements for playground surfaces and surfacing materials and provides a means of determining impact attenuation performance using a test method that simulates the impact of a child's head with the surface."

ASTM: The American Society for Testing and Materials

- F1870 – 16: [Standard Guide for Selection of Fire Test Methods for the Assessment of Upholstered Furnishings in Detention and Correctional Facilities](#)
"This guide is intended to provide guidance for the selection of test methods that are applicable to determining fire-test-response characteristics of upholstered furniture items contained within a detention cell."
- F2440: [Standard Specification for Indoor Wall/Feature Padding](#)
"The intended use of this specification is for the qualification of construction designs and comparison of wall padding."
- F2983 – 13: [Standard Guide for Manufacturers for Labeling and Care Instructions for Wrestling Mats](#)
"sets guidelines for labels and instructions to manufacturers that manufacture wrestling mats."
- F355 - 16e1: [Standard Test Method for Impact Attenuation of Playing Surface Systems, Other Protective Sport Systems, and Materials Used for Athletics, Recreation and Play](#)
"Measures the impact attenuation of surface systems and materials, specifically the peak impact acceleration ("impact shock") produced under prescribed impact conditions."

ICC: International Code Council

"Association dedicated to developing model codes and standards used in the design, build and compliance process to construct safe, sustainable, affordable and resilient structures."

- IBC: [International Building Code](#)
Guidelines addressing design and installation of innovative materials that provides safeguards from hazards associated public health and safety.

NFPA: National Fire Protection Association

- 101: [Life Safety Code](#)

"The Life Safety Code is the most widely used source for strategies to protect people based on building construction, protection, and occupancy features that minimize the effects of fire and related hazards. Unique in the field, it is the only document that covers life safety in both new and existing structures."

"As a starting point, contact your state fire marshal to help determine if NFPA 101 Life Safety Code has been adopted for enforcement in your area. If the Code is used, ask which edition. The Life Safety Code is published every three years. Local jurisdictions do not always adopt the most recent edition of the code."
- 286: [Standard Methods of Fire Tests for Evaluating](#)

"This test is also known as the "room corner" test. Determines the contribution of interior finish materials to room fire growth during specified fire exposure conditions. This method is intended for the evaluation of the flammability characteristics of wall and ceiling interior finish, other than textile wall coverings, where such materials constitute the exposed interior surfaces of buildings."
- 701: [Standard Methods of Fire Tests for Flame Propagation of Textiles and Films](#)

"Establishes test methods to assess the propagation of flame of textiles and films under specified fire test conditions."

Proposition 65: State of California

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