

MATCH LENGTHS

- Tot Division thru Senior Division
 - Championship rounds
 - 3 periods / 90-90-90
 - Consolation rounds
 - 3 periods / 60-90-90
- Masters Division
 - All Rounds
 - 2 periods / 90-90
- Grand Masters
 - All Rounds
 - Two 1-minute periods in length, with 30 second rest in between.
 - All wrestling will be from the neutral position.
 - If you get taken down, you will start over on your feet.