



DURATION OF BOUTS

FREESTYLE & GRECO-ROMAN

AGE DIVISION	BOUT SHEET COLOR	# OF PERIODS	LENGTH OF PERIOD
PEE-WEE	RED	3	2 MINUTES - 30 SECOND REST
BANTAM	GREEN	3	2 MINUTES - 30 SECOND REST
MIDGET	PINK	3	2 MINUTES - 30 SECOND REST
NOVICE	BLUE	3	2 MINUTES - 30 SECOND REST
SCHOOLBOY/GIRL	GOLD	3	2 MINUTES - 30 SECOND REST
CADET	WHITE	3	2 MINUTES - 30 SECOND REST
JUNIOR	PURPLE	3	2 MINUTES - 30 SECOND REST
UNIVERSITY	SALMON	3	2 MINUTES - 30 SECOND REST
SENIOR	YELLOW	3	2 MINUTES - 30 SECOND REST
VETERAN	TAN	3	2 MINUTES - 30 SECOND REST
SCHOOLGIRL	ORANGE	3	2 MINUTES - 30 SECOND REST
CADET WOMEN	TURQUOISE	3	2 MINUTES - 30 SECOND REST
JUNIOR WOMENS	HOT PINK	3	2 MINUTES - 30 SECOND REST

The bout lengths listed above apply to all Freestyle and Greco-Roman competition. The bout lengths for Folkstyle will differ.

ISWA weigh-in cards and bout sheets are color coded. These color coded weigh-in cards and bout sheets are used at most ISWA qualifying events. When a wrestler registers at a tournament, their weigh-in card should be the color indicated above.

ISWA Qualifying Tournaments reserve the right to adjust the duration of the bout. This adjustment may be necessary when the number of wrestlers and the time required to complete the tournament would result in a longer than normal event.

At all ISWA State Finals competition, the duration of bouts will be as indicated above, regardless of the number of participants.