OFFICIAL WRESTLING SIGNALS

1. Starting the Match
2. Stopping the Match
3. Time-Out

4. Start Injury Time
5. Start 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

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

PlayPics courtesy of Referee magazine.