

Age Division	Time of Period	Rest time	Greco Time period breakdown
Pee Wee	1 1/2 minute	30 seconds **	1 minute, 30 second clinch
Bantam	1 1/2 minute	30 seconds **	1 minute, 30 second clinch
Intermediate	1 1/2 minute	30 seconds **	1 minute, 30 second clinch
Novice	1 1/2 minute	30 seconds **	1 minute, 30 second clinch
Schoolboy/girl	2 minute	30 seconds **	90 seconds, 30 second clinch
Cadets	2 minute	30 seconds **	90 seconds, 30 second clinch
Juniors	2 minute	30 seconds **	90 seconds, 30 second clinch

** Please note the 30 second rest time is from whistle to whistle, do not allow extra rest time talking to coaches. **It is not 30 seconds talking to the coach.** Toweling off or drying the wrestlers may and should only be done **during** this very brief **30 second** time out. Extending this time adds greatly to the length of time a tournament takes to run.

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