

<b>Age Division</b>	<b>Time of Period</b>	<b>Rest time</b>	<b>Greco Time period breakdown</b>
<b>Pee Wee</b>	<b>1 minute</b>	<b>30 seconds **</b>	<b>30 sec, 15 sec. clinch, 15 sec. clinch</b>
<b>Bantam</b>	<b>1 minute</b>	<b>30 seconds **</b>	<b>30 sec, 15 sec. clinch, 15 sec. clinch</b>
<b>Midget</b>	<b>1 1/2 minute</b>	<b>30 seconds **</b>	<b>1 min, 15 sec. clinch, 15 sec. clinch</b>
<b>Novice</b>	<b>1 1/2 minute</b>	<b>30 seconds **</b>	<b>1 min, 15 sec. clinch, 15 sec. clinch</b>
<b>Schoolboy/girl</b>	<b>2 minute</b>	<b>30 seconds **</b>	<b>1 min, 30 sec. clinch, 30 sec. clinch</b>
<b>Cadets</b>	<b>2 minute</b>	<b>30 seconds **</b>	<b>1 min, 30 sec. clinch, 30 sec. clinch</b>
<b>Juniors</b>	<b>2 minute</b>	<b>30 seconds **</b>	<b>1 min, 30 sec. clinch, 30 sec. clinch</b>

\*\* 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.