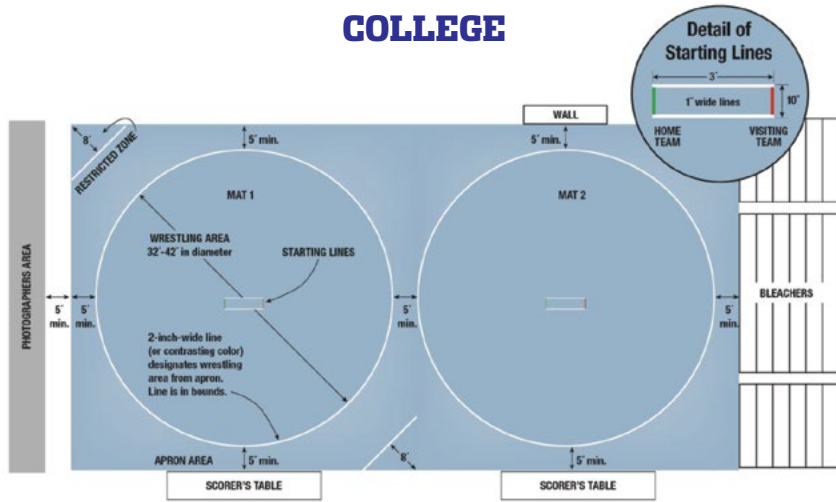


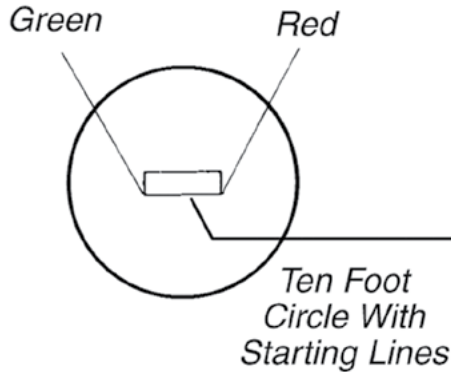
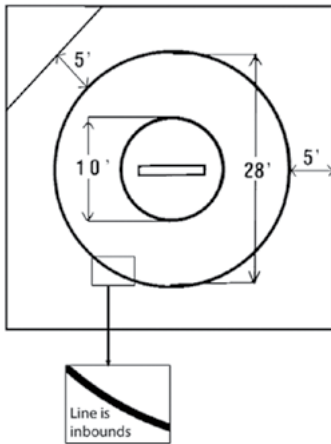
WRESTLING

COLLEGE

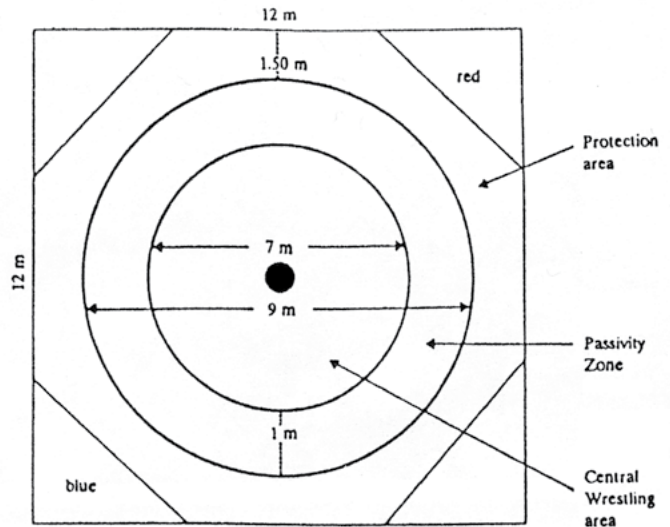


(Diagram courtesy of the NCAA.)

HIGH SCHOOL



INTERNATIONAL



(Diagrams courtesy of USA Wrestling.)

FOR MORE INFORMATION CONTACT:

National Collegiate Athletic Association
 (317) 917-6222
www.ncaa.org

National Federation of State High School Associations
 (317) 972-6900
www.nfhs.org

USA Wrestling
 (719) 598-8181
www.themat.com