

# Rule Book & Guide to Wrestling

FREESTYLE, GRECO-ROMAN & FEMALE WRESTLING

2020 Edition—FOR ALL AGE DIVISIONS

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**USA**  
**WRESTLING**

\*The official UWW rule book supersedes this publication at all times. This rule book does not reflect rule modifications for UWW qualifiers or international competitions.

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# Foreword

Wrestling, like all other sports, obeys rules that constitute the “Rule of the Game” and define its practice, the aim of which is to “pin” the opponent or to win by scoring more points.

Greco-Roman (G/R) and Freestyle (F/S) wrestling basically differ as follows:

In Greco-Roman Wrestling, it is strictly forbidden to grasp the opponent below the beltline or to trip him or to use the legs **actively** on his opponent to perform any action.

In Freestyle and Women’s Wrestling (WW), however, it is permissible to grasp the legs of the opponent, to trip him or her and to use the legs actively to perform any action. Lo

Beach Wrestling and Folkstyle Wrestling are subject to specific regulations that are not addressed in this publication.

Frequently modified and always subject to further modification, the rules set forth herein must be known and accepted by all wrestlers, coaches, referees and leaders. They call upon those who practice the sport to fight totally and universally, with complete honesty and fair play for the pleasure of the spectators. This rulebook is being continually updated.

## Modern Wrestling

This rule book contains the USA Wrestling rules pertaining to Freestyle and Greco-Roman styles of wrestling, as dictated by the international governing body of wrestling, United World Wrestling (UWW), and modified for age-group competition within the United States. All Senior, University and UWW age group events sanctioned in the United States will adhere to the UWW rules with some modifications to the pairings procedures, weigh-ins and protest procedures.

*This rulebook is fluid--UWW makes adjustments to the rules periodically to help the sport adapt to changes it sees during higher level competitions, which trickle down to all levels in our domestic system. The rules are generally made with the Senior athlete in mind, but appropriate modifications to these rules are made by USA Wrestling to cater towards the younger athlete in terms of ability and overall safety. Officials will use tactics, commands, and strict application of the rules to see that the ideals of total universal wrestling are obeyed.*

Regardless of what rules are utilized, there are some basic principles that govern wrestling and the application of any rules currently in place or that shall be adopted in the future. The principles are as follows:

**Universal wrestling:** Universal wrestling is a quality which enriches the sport. Universal wrestling requires a variety of actions and holds, and the development of new techniques. It applies to wrestling in the standing and par terre positions. The wrestler must strive to master the techniques involved in as many scoring actions as possible. The wrestler, who exhibits diversity in their performance throughout the match, is wrestling universally. This mentality exists in both offensive and defensive situations where wrestlers are expected to attack and counterattack continuously during the match.

**Passivity:** penalty for not actively scoring points or attempting to score points. Any attempt to avoid wrestling — by blocking, by pushing, by going out of bounds, by “playing the edge” can be deemed to be passivity. In matches where neither athlete is scoring many points, passivity can be called to help stimulate scoring. Passivity is not to be confused with “fleeing.”

**Risk:** Risk is the willingness of the wrestler to expose themselves to the possible loss of position or points during

attempts to score against their opponents. The courage to take risks is a quality of the strong wrestler. The coach must insist upon development of this quality and instill this quality in all wrestlers. The concept of risk in wrestling should not be misinterpreted; it does not mean that the wrestler can execute a hold improperly and not lose points or the advantage of their position.

## Weigh-In Procedure

- No wrestler may be accepted at the weigh-in if they have not undergone a medical examination within the time period stipulated in the regulations governing the competition in question. Medical examinations are always performed before the weigh-in at all levels of competition.
- Wrestlers must show their USA card and registration form to receive a weigh-in card.
- The contestants will be weighed wearing their "competition singlet\*" without modifications and without their shoes after having been examined by qualified trainers and/or physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease.
- No weight tolerance will be allowed for the singlet at any age level.
- Wrestlers should not be allowed to change out of their singlets into their normal attire in the weigh-in area. The wrestlers should be directed to a private area away from the weigh-in area to change their clothes.
- Contestants must be in perfect physical condition, with their fingernails cut very short. A wrestler's face and/or head hair (if short in appearance) must be cleanly shaven or have growth that is non-abrasive.
- For all the competitions, wrestlers may only weigh-in at one weight.
- Any means of drastic weight reduction is strictly prohibited. The practice of dehydration by use of rubber, plastic or rubberized nylon suits, hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics, emetics, laxatives, excessive food or fluid restriction and self induced vomiting is a violation of USA Wrestling rules. Violation of these rules shall cause the individual(s) to be disqualified from the competition. Athletes may not leave the weigh-in area or initiate any activity for means of weight reduction.
- For Cadet & Junior Division National Championships multiple day weigh-ins have been adopted and weigh-ins shall occur a maximum of 4 hours prior to initial competition. For the second day weigh-in a 2 lb allowance shall be given.
- For the Kids FS/GR Nationals and Kids/Cadet Regional Competitions, weigh-ins shall occur as established by the Kids/Cadet Council and Region Councils, respectively. For Kids/Cadet Region competition, an athlete may weigh-in for both styles at the first style's initial weigh-in if competing in the first style. For National Competition in the Kids Division, wrestlers need only weigh-in once if competing in both styles.
- For any Regional or National championship, any weigh-in shall only be valid the day of weigh-ins plus 2 additional days.
- For all Junior Division Regionals, weigh-ins shall occur a maximum of three and a minimum of two hours prior to competition on the first day of competition, and athletes may weigh-in for both styles at the first style's initial weigh-in if competing in the first style. For all other divisions weigh-ins shall occur as established by their respective National Councils or Sports Committee.
- For all Kids, Cadet, UWWCadet, Junior, UWWJunior, and U23 division regional and national events, weigh-ins shall begin at the designated time to conclusion, except when the competition is a qualifying event for a World level competition. In that case, UWWrules shall apply, with USAWrestling modifications. All athletes must be present at the beginning of the designated weigh-in time. Athletes shall have two consecutive attempts to make weight, the initial attempt when called to the scale and an immediate challenge of another tournament provided scale or designated "over" scale located in close proximity to the initial weigh-in scale(s).
- All Senior, UWW Cadet, UWW Junior and U23 events have adopted a two-day weigh-in format. The first

weigh-in will occur the morning of the first day of competition and shall last 30 minutes; all athletes must attain scratch weight. The second weigh-in will occur the morning of the second day of competition and will only involve the competitors still active in the weight category; this weigh-in shall only last for 15 minutes, unless otherwise noted. Athletes must attain scratch weight for the second weigh-in.

- For Kids, Cadet, UWW Cadet and Junior divisions, a wrestler who does not weigh-in, or fails to make weight according to the above restrictions, cannot place and is eliminated. No other athletes may be moved up, outside the final four in each pool, for placing purposes. This rule does not apply to wrestlers issued a red medical alert form.
- All competitors in Masters Class C, D and E must present a letter of medical clearance at USA Wrestling National Events medical check to weigh-in that states the competitor is cleared to compete without any restriction. The letter must state that the competitor has the cardiovascular ability to compete in an intense, vigorous competition per UWW Regulations. The letter must be dated within 90 days of competition. The letter must clearly identify the location and contact information for the MD or DO who authorized the athlete for competition.

\*Officials responsible for the weigh-in must check that the wrestler's singlet is the singlet they will use for the competition. The singlet must be colored predominantly a clearly distinguishable shade of red or blue or one that mimics the UWW color scheme assuming the following criteria are met:

- The dominant color of red singlets shall be comprised of white, orange, pink, red, yellow, brown or gold AND include the 3 color band markings as described below.
- The dominant color of blue singlets shall be black, blue, green, grey, purple or silver AND include the 3 color band markings as described below.
- All state singlets shall have a total of three (3) markings consisting of:
  - Two 7 cm bands, one on each leg, shall be positioned across the bottom edge of the leg. For clear distinction, the marking shall cover the circumference of the leg.
  - One 7 cm band positioned on the backside of the upper torso. The band shall be exclusively placed on the back half of the singlet (not visible on the front half).
  - The three markings must remain untouched from any graphic, logo or third party identification.
  - The red markings shall be Pantone 2347C and blue markings shall be Pantone 299C.
- For Cadet and Junior Division National Championships ("Fargo"), athletes must wear their state approved singlet. For males, only a high cut is allowed. *Athletes competing in USAW Senior Team Trials shall be required to wear the "high cut" singlet as stipulated by UWW. The use of a low cut or two-piece singlet/uniform is not allowed at any Freestyle or Greco-Roman USAW Regional or National Championship. **For any regional, national, or international competitions held in the United States, female competitors in all age divisions must wear a women's cut singlet.***

## The Bout

- The use of protective headgear of the type required for scholastic wrestling is authorized and recommended in Junior, Cadet, and UWW Cadet competition. Headgear is allowed in Masters, Senior, U23, and UWW Junior competition. It is no longer required that headgear be removed in the UWW age divisions at the request of the opponent. **Headgear is mandatory for all Schoolboy/girl and younger in all USAW Regional and National Championships.** In any division, a face mask is allowed only to protect an existing injury, or an injury occurring during the bout, and must be prescribed by a medical doctor or the event's chief medical officer.

- Wrestlers must wear shoes designed specifically for wrestling, with firm ankle support. Furthermore, competitors are required to tape their shoe laces down (wrestlers must provide their own tape) or wear a wrestling shoe fixed with an apparatus that prevents unfastening of the laces. If the laces of a wrestler come undone during a match, that wrestler can be penalized by his/her opponent receiving one point.
- Women wrestlers must wear a properly fitting sports bra underneath their singlets.

### All wrestlers are prohibited to:

- Wear bandages on wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps. Hard (knee) braces must be covered with a minimum of ½ inch closed cell neoprene padding. Currently, USAW modifications allow for the wearing of the “stocking” knee pad in FS and Greco as long as skin was visible above and below the covering. There must be a pad at the knee. The chief medical officer or head athletic trainer (or if unavailable, the head wrestling official), prior to competition, has final approval for any accessory taping or protective equipment. .
- Wearing any tape on only one finger. Tape can be worn to provide support to two or more fingers. Again, the chief medical officer or head athletic trainer has final approval of any accessory taping worn by the athlete.
- Apply any greasy or sticky substance to the body.
- Arrive at the mat perspiring for the beginning of the first or second periods of a match. It is the responsibility of the coach and the wrestler to report dry and “toweled down”. Referees may not mandate that wrestlers “dry off” during the middle of a period.
- It is forbidden to wear earrings, barrettes, bracelets, rings, or any metal or rigid object, as well as men's wrestling singlet with a T-shirt underneath. Female wrestlers are prohibited from wearing underwire bras.
- The wrestlers must come to the mat fully dressed and prepared to wrestle. If the athletes do not come to the match prepared, they are allowed one minute to conform to the rules, otherwise risking disqualification from the match. Under no circumstances are the athletes allowed to change their singlet mat side—this must be done in a private area at the arena.

## The Mat

The official international mat consists of four distinct areas:

- The **Center area**, which is a 7-meter diameter circle.
- The **Starting area**, which is a one-meter circle in the very center of the mat.
- The **Passivity zone**, which is a one-meter band around the perimeter of the Center area. The passivity zone may be marked by taping a line of dashes inside the out-of-bounds line.
- The **Protection area**, which should extend a minimum of 1.5 meters beyond the Passivity zone.
- The inner 10-foot folkstyle circle has no meaning internationally, and when standing, the contestants start in the middle, facing each other about a meter apart. It is not mandatory that the athletes begin the match or subsequent restarts on any “starting” lines.
- One corner of the mat should be marked in red and the other in blue, so the wrestlers and the coaches know where to report. This can be done with colored chairs, with colored plywood under the chairs, or simply with red and blue signs. The red corner should be on the referee's left as he faces the judge's table. UWW approved mats are not required for domestic competition.
- For local and state level competitions for the age groups Schoolboy/girl and lower, mats less than full size but not less than a quarter of a full sized (standard) mat may be used when necessary. Adequate protection around all mats should be in place.
- The protection area must be clearly marked. Each pair of wrestlers is entitled to a wrestling area devoid of

obstructions, including other wrestlers, coaches and observers, etc.

- On mats where a line is used to indicate the out-of-bounds, the outermost edge of that line is considered as the true out-of-bounds. For purposes of this rule, the line itself is still considered part of the wrestling area.
- The area around the mats should be large enough to accommodate a table for the mat chairman and volunteer clock controllers, a table for the judge, one or two score clocks, and any necessary video equipment used. There should still remain adequate space for the protection of the athletes.

## The Refereeing Body

All officials should look professional and well groomed. Jewelry, outside of a wedding ring and watch to accurately determine the end time of a match, should not be worn. The official's uniform for the USWOA shall include: a black polo shirt, black or gray trousers, black belt, black socks and black shoes. The officials will wear a blue armband on their right wrist and a red armband on their left wrist. They shall have a functioning whistle and lanyard available.

If possible, each bout should consist of three officials—a mat chairman, a referee, and a judge. However, if the size of the tournament at local, state, and regional events exceeds the available number of officials, it is acceptable to not use three officials. Decisions must be made unanimously or by majority in all cases of judgment. The mat chairman is seen as the leader of the crew, whose opinion is only necessary when the referee and judge disagree in evaluation of the match. However, it is necessary that the mat chairman approve all cases of fall, all cautions, and in all cases of passivity in both F/S and G/R. In no way is the mat chairman allowed to change the call of the referee or judge without consultation of the entire crew. It is also the duty of the mat chairman to consult with his or her crew when they see a blatant misapplication of a rule or an obvious mistake. If a challenge is requested by the coach or athlete, the mat chairman, along with the assigned UWW delegate or USA Wrestling head official, will watch the video of the action in question to decide the most appropriate score. Under no circumstance may the mat chairman ask to review the video of a scoring situation if no official challenge has been presented by either athlete or coach. The mat chairman is the only person that is allowed to confer with the coaches if they have a question.

The judge's duties include calling actions and holds as they see them. They may initiate calls, including falls, if they feel the referee was not in proper position to evaluate those actions. The referee's main duties include maintaining the safety of the wrestlers at all times, starting and stopping the match appropriately, and in most cases, being the first to offer their judgment in evaluating actions. It is essential for the referees to move with the wrestlers and anticipate the actions of the wrestlers to be in the best position to evaluate actions as they occur.

The referee shall use proper UWW vocabulary in a loud and assertive manner during the course of a match to inform the wrestlers to be more offensive, to stay in the center of the mat, or to warn them about any impending penalties they may be subject to if they do not change what they are doing. It is also essential that the referee use hand gestures to indicate which wrestler is being warned to help the other officials, coaches and spectators understand what they are looking for. UWW vocabulary includes:

- **ACTION:** to inform one or both wrestlers to wrestle more aggressively and actively try to improve position or to attempt more scoring actions.
- **CONTACT:** to inform a wrestler to place his/her hands on the back of their opponent in a par terre starting position or to assume body-to-body contact in the standing position. This term is often used for wrestlers who are failing to engage holds with their opponent.
- **OPEN:** the wrestler must alter their position to allow their opponent to take hold. Often used when wrestlers are "clammed up" while in par terre, interlocking fingers, or blocking holds of their opponent in a standing position.
- **NO BLOCK:** used to warn a wrestler that they are using their hands, arms or head to block offensive activity

from his or her opponent and must change tactics to allow their opponent to take hold.

- *ATTENTION*: used to warn wrestlers of an illegal action or impending penalty. Often tied to passivity or fleeing type actions as well as potential leg fouls in Greco-Roman.
- *HEAD UP*: used to inform the wrestler to raise their head to avoid using the head as a weapon and/or blocking tool.
- *CONTINUE*: used if the wrestlers stop due to confusion (a whistle on an adjacent mat, e.g.) or if the wrestlers should continue an action where a potential score is developing slowly.
- *ZONE*: used to inform a wrestler that they have entered the 1 meter outer perimeter of the mat area and that they are close to going into the protection area.
- *CENTER*: used to inform the wrestlers to attain position away from the out-of-bounds and closer to the starting area on the mat
- *PLACE*: used to inform the defensive wrestler in par terre that they are getting close to the boundary and should make an effort to stay in the wrestling area.
- *NO FINGERS*: this is to inform the wrestlers to quit grabbing or interlocking fingers from any position on the mat. If twisting is involved, this is an illegal hold and should be penalized immediately. If a wrestler continues to grab fingers after a verbal “open” command has been given, the wrestler at fault will be penalized with a caution and his opponent will receive one (F/S) or two points (G/R).

## Call to the Mat

The wrestlers are either called to the mat or their bout number and assigned mat are indicated on a revolving TrackWrestling/FloWrestling screen located at the wrestling venue. Wrestlers are only guaranteed a 15 minute rest between bouts in all styles (20 minutes per UWW rules to only be used in UWW events). However, this rule will not apply to events that serve as a world championship trials event or qualifier for a trials event where the rest time will be 30 minutes. If a wrestler is not present at the time of his/her bout, they will be called over a loudspeaker three times at 30-second intervals. If after the third call the wrestler is not present, he/she will be disqualified from that match and the opponent will win by default.

## Interruption of the Bout

- The referee is obligated to stop the match if they determine a situation to be potentially dangerous and could possibly cause harm to either wrestler. The mat chairman should also have an active role in recognizing potentially dangerous actions and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.
- If a wrestler is clearly injured/bleeding, the bout must be stopped immediately, and the wrestler must be attended to by medical staff. Coaches are allowed to attend to the injured or bleeding wrestler but must not interfere with the medical staff or use the time to coach the wrestler. The unaffected wrestler must remain on the mat at all times but can be attended by coaches. The medical staff will determine bleeding management versus injury time and take appropriate actions. Bleeding time is limited to Four (4) minutes from the time the medical staff declares bleeding time. If the bleeding time exceeds four minutes (4) the bout is awarded to opponent as a medical default. Clean up time is not considered part of the Bleeding time. If the wrestler that is injured/bleeding was the defensive wrestler while in par terre, wrestling will resume in the par terre position. If it was the offensive wrestler, wrestling will resume in the standing position. **SEE APPENDIX A**
- Injury Time is unlimited if the medical staff requests the time and referee grants the time. The medical staff



must determine when injury is assessed and recovery time is completed. If the medical staff allows the wrestler to continue, the wrestler must be instructed that any additional stoppage for this injury in the bout could result in a point being awarded to opponent in the 16U categories and older. It is the refereeing team's discretion to award a point to the opponent for an athlete who repeatedly stops the match for injury management. Medical staff will only serve to assess and treat injuries and determine if a wrestler can safely continue in the match.

- The coach may not request recovery time and abuse could result in the refereeing team issuing a yellow card. If the bout cannot be continued due to medical reasons, the competition doctor/trainer in charge has the full authority to not allow the injured athlete to continue. This decision cannot be contested. **SEE APPENDIX A**
- No athlete is allowed to take the initiative to interrupt the bout by choosing to wrestle in the standing position from par terre or by pulling his opponent back to the center from the edge of the mat. If after an "attention" the athlete does this again, they will be penalized by a caution and one point (F/S) or caution and two points (G/R) to their opponent.
- Athletes should be given a reasonable amount of time to complete actions from all positions, assuming an action is imminent. If, however, the athlete is given multiple opportunities to score a given action to no avail or has been given adequate time to develop a scoring maneuver to no avail, the referee shall stop the match and restart the wrestlers in a standing position. Confirmation for this procedure is not required. **There is no time limit that dictates when the referee should stop the match. If the offensive wrestler is working hard towards a scoring maneuver and not "faking it", the referee is obliged to allow this to continue as long as they like.**
- Out-of-bounds is determined by:
  1. one opponent having the entirety of their foot outside the boundary area while in a standing position
  2. the whole head of the defensive wrestler **touches** the protection area while in par terre
  3. the pinning points/chest of the defensive wrestler, while in par terre, are in the protection area, but not necessarily touching the protection area.
  4. if, while in the standing position, the offensive wrestler has his/her opponent lifted completely off the mat and is in complete control, the offensive wrestler steps with both feet outside of the boundary, this will be deemed to be out-of-bounds. In this same scenario, the offensive wrestler will be allowed to finish his/her throw if they have one foot outside the boundary and complete their action in one continuous motion but should be stopped immediately once two feet step outside the boundary, assuming no throwing action has started yet.
- If a line is used to indicate the out-of-bounds, the outside portion of that line is considered the true "out-of-bounds." If a wrestler starts an action while in the wrestling area, that action will be allowed to continue and scored appropriately if it goes out-of-bounds, regardless of which athlete touches the protection area first. **However, counteractions cannot be scored out-of-bounds. For example, if Red starts a head and arm throw in bounds causing Blue to go to his or her back out-of-bounds and then Blue initiates a roll through, only the head and arm throw should score. The roll through is not valid since Blue went out-of-bounds prior to starting the roll through.**
- All illegal actions (fleeing the hold, fleeing the mat, leg fouls in G/R) should be scored appropriately with wrestling resuming in the position in which the infractions occurred. Control is not required to determine what position the wrestlers will restart after a fleeing the hold or fleeing the mat scenario. Par terre simply refers to mat wrestling, defined as the defensive wrestler being on his/her knees on the mat; control is not required to be in this position. **For example, if Red snaps Blue down into a front headlock with Blue's knees on the mat and Blue decides to back himself out of bounds to avoid being turned, fleeing the mat could be called and the wrestlers would restart in par terre, Red being on top.**

All lifts that start in a par terre position where a foul occurs by the defensive wrestler in the process of being lifted and/or thrown should be restarted in par terre.

- If a challenge is requested by a coach immediately after the refereeing body has awarded or failed to award a potential scoring action, the mat chairman will order the referee to stop the bout when the athletes have attained a non-pinning position and no more scoring is imminent. **If the athlete chooses to not want to challenge, it is his or her prerogative to inform the referee that they don't want to challenge prior to the review being initiated. Referees will no longer ask the athlete if they want to challenge.** The mat chairman and head official will then review the video of the last scoring action and determine the proper scoring decision. The only situations in which a challenge will not be allowed is in the case of a confirmed fall or in situations of passivity. The actions leading to the fall or the time left in the match before the confirmed fall can be challenged, but the fall itself is not challengeable. The challenge is only available at designated national and regional competitions.
- Note: Video Challenge Policies are attached as an addendum.

## End of the Bout

Bouts may be won by:

- Fall: commonly referred to as “pin.” In the Schoolboy/girl level and younger, falls are two seconds of shoulder/scapulae compression. A hand motion indicating the two count is recommended. At the Cadet level through Seniors, **controlled** compression of the shoulder/scapulae simultaneously is necessary to obtain a fall. **There is no such thing as a “touch” fall.** Falls in the protection area are not valid—the head of the defensive wrestler must be in bounds for a fall to be considered valid. The referee and/or judge raises the hand (or paddle) of the offensive wrestler to request confirmation from the mat chairman for a fall. It is not obligatory for all three officials to offer an opinion when a fall call is requested, but the mat chairman must approve of the fall for it to be official. Once the fall is confirmed by the mat chairman, the referee should gently slap the mat and blow their whistle to end the match. The mat chairman, if not in the best position to see a fall, should respect the position of the referee and judge in relation to the athletes in determining whether a fall has been attained in making his or her official decision. [Video](#)
- By injury, withdrawal, default, or disqualification of the opponent (brutality or 3 cautions for rules infractions or 2 defensive leg fouls in G/R)
- By technical superiority—USA rules indicate that technical superiority is a difference in ten (10) points for F/S and G/R at the Junior level and younger. At the U23, Senior, UWW Cadet, UWW Junior and Masters events, technical superiority is 10 points in F/S and 8 points in G/R. If a wrestler attains the point difference for technical superiority during the course of completing an action and the defending wrestler immediately produces a counter attack in bounds, that counter attack is valid and should be scored. In other words, there can be no pause from the offensive action to the counter action. If after that scoring sequence there is no longer technical superiority, the match should continue without stoppage. It is the duty of the mat chairman to inform the referee to stop the match if technical superiority has been attained. [Video](#)
- By decision—one opponent has scored more points or has won based off of criteria.

If the point total is equal at the end of a match, the following criteria will determine the winner, in this order:

1. Highest value scoring actions (most 5 point actions, most 4 point actions, most 2 point actions)
2. Least number of accrued cautions
3. Last point scored

Once the bout has concluded, the mat chairman should confirm the winner by holding his/her hand or paddle in the

air corresponding to the color of the winning wrestler. The referee shall raise the hand of the winner in the direction of the chairman, and while holding the wrists of both wrestlers, rotate them towards the judge as they raise the hand of the winner. At this point, the referee will have the athletes shake each other's hand and of the opposing coach. It is not obligatory for the athletes to shake the hands of the refereeing crew. The headgear, if worn, can be removed and held by the athlete but must not be thrown towards the coach or any spectator. The singlet straps of either athlete must stay up until the athlete has left the wrestling area. If an athlete refuses to shake his/her competitor's hand or the hand of the opposing coach, they could be disqualified from the match (no classification points) or if egregious, be disqualified from the competition. [Video](#)

## Value Assigned to Actions and Holds

In order to fully understand values assigned to certain holds, certain terms must be clarified:

- **PAR TERRE:** refers to mat wrestling where the wrestlers are in no advantage position and the defensive wrestler is on his or her knees (think of a front headlock) or where one wrestler is in the dominant position on top.
- **INITIAL/DEFENDABLE POSITION:** where the defensive wrestler has his or her chest facing the mat in a par terre position. The defensive wrestler must attain his or her initial position in order for the offensive wrestler to score multiple times off the same maneuver.
- **CORRECT HOLD/ACTION/THROW:** an action by the offensive wrestler that causes his or her opponent to change direction or move through the air but does not cause the opponent to expose his or her back towards the mat. This situation can occur either in a standing or par terre position. It is the job of the officiating team to reward risk and good technique, hence the rewarding for "correct holds/throws." [Video](#)
- **DANGER:** refers to the position of the defensive wrestler when their back is exposed past 90 degrees. When a defensive wrestler has his or her back exposed towards the mat, his or her head, shoulder, or elbow must be in contact with the mat to be considered to be in a "danger" position. [Video](#)
- **TURN:** where the offensive wrestler causes the defensive wrestler to rotate his or her torso but does not hit any points of danger while being rotated. This position often occurs during an ankle lace where the defensive wrestler is in a "sitting" position as they are being turned. [Video](#) [Video](#)
- **SLIP:** where an offensive wrestler makes a solid attempt at a throw or other scoring action but is unsuccessful through no effort by the defensive wrestler, i.e. "risk." The offensive wrestler must not land directly on his or her back during the action for it to be considered a "slip." The referee must get confirmation from either the judge or mat chairman prior to stopping the match if they believe a slip occurred. Restarts will occur in the standing position. Slips can occur from either a standing or par terre position. [Video](#)
- **TAKEDOWN:** awarded to the wrestler who takes his opponent to the mat with control and the defensive wrestler hit 3 points of contact (head, hands, elbows and knees). All takedowns are worth two points. To achieve a takedown the offensive wrestler must:
  - Pass behind their opponent from a par terre position, take their opponent down to the mat from a standing position, or gain control of both legs of his or her opponent while that wrestler is on his or her hip or in a sitting position on his or her backside while the plane of the defensive wrestler's back is less than 90 degrees towards the mat or the defensive wrestler plants their hand on the mat.
  - **Examples that are not takedowns** - if the offensive wrestler spins behind his or her opponent and the defensive wrestler attains a quadpod position, it is not considered a takedown until the defensive wrestler's head, elbow or knee contact the mat. The "Merkle" position, where one wrestler has his/her leg encircled inside the leg of his or her opponent while in par terre and have the head and arm of their opponent locked at the same time is not considered a takedown in international wrestling because the

offensive wrestler has not passed behind the defensive wrestler. The hips of the defensive athlete must be covered for the offensive wrestler to achieve a takedown.

- **REVERSAL:** awarded to the defensive wrestler who is able to overcome the dominant offensive wrestler from a par terre position and gain control. All reversals are worth one point. [Video](#)
- **FEET TO BACK:** where the offensive wrestler causes his or her opponent, from a standing position, to go into an immediate **danger** position on the mat. The offensive wrestler may be on his or her knees for this to occur. These actions must be continuous—any pause by the wrestlers on the mat prior to the defensive wrestler going to danger will only result in two points. All feet to back actions are scored four points. If a “feet to back” situation is considered to be “grand amplitude,” that action should be scored five points (see below). [Video](#)
- **FLEEING THE MAT:** where either wrestler goes out-of-bounds voluntarily and makes no effort to stay in the center wrestling area. This can occur in either standing or par terre wrestling. This is penalized by a caution to the wrestler at fault and one point (F/S) or two points (G/R) to the opponent assuming the defensive wrestler is not in danger. Restarts following a fleeing the mat call shall start in the position in which the infraction occurred. [Video](#)
  - **SPECIAL SITUATION: IF THE DEFENSIVE WRESTLER FLEES THE MAT WHILE IN THE DANGER POSITION, THE WRESTLER AT FAULT SHALL RECEIVE A CAUTION AND THE OPPONENT SHALL RECEIVE TWO POINTS IN BOTH F/S AND G/R. WRESTLERS SHOULD RESTART IN THE PAR TERRE POSITION.**
- **FLEEING THE HOLD:** where either wrestler is avoiding contact with their opponent to prevent being scored upon. This can occur in either standing or par terre wrestling at any point in a match, but most often occurs when time is running out. Restarts following a fleeing the hold call shall start in the position in which the infraction occurred. [Video](#) **Recommended Procedure:** If the officiating team recognizes fleeing the hold, they should stop and give an “attention” to the wrestler at fault assuming there is adequate time left in the period. If the same wrestler continues to flee the hold, then the referee should stop and ask for a caution and 1 point (F/S) or two points (G/R). Agreement from the mat chairman is necessary for this call to be valid. By blowing the whistle, this will stop the clock so that there is time left in the bout if the call is confirmed.  
**It is permissible to make this call with less than 15 seconds remaining in the match without a formal stoppage. In this situation, the referee shall loudly and clearly warn the defensive wrestler to “contact” or “take hold.” If the defensive wrestler continues to not take hold, the referee must stop the match prior to time running out and ask for a caution and one point (F/S) or two points (G/R) to his or her opponent.**
- **LEG FOULS:** actively using the legs to score upon or prevent being scored on in **G/R** wrestling. The defensive wrestler in **G/R** cannot bend or raise either or both of his legs to prevent a hold being executed. **The defensive wrestler is also prohibited from creating a figure 4 with his own leg in order to prevent the top wrestler from stepping in between their legs during par terre wrestling.** Brushing of the legs or any other inadvertent contact with the legs during **G/R** wrestling should be ignored. Referees should point to a leg foul when they observe it. If the foul is being committed by the defensive wrestler and there is no imminent threat of harm to either wrestler, the action should be allowed to be continued and scored properly. Once the offensive scoring action has been completed or stopped and confirmation of the foul has been given by the judge or mat chairman, the referee should stop the bout, signal a caution for the wrestler at fault, and score two points for the offensive wrestler. Restarts should happen in the position in which the foul occurred. If the offensive wrestler commits a leg foul, he or she is given a strict “attention” and the wrestling restarts in a standing position. If the offensive wrestler commits another leg foul after the warning, that wrestler is then given a caution and one point to his opponent for an illegal action. [Defensive Leg Foul Video](#), [Offensive Leg](#)

## Foul Video

- **IF A WRESTLER COMMITS TWO DEFENSIVE LEG FOULS, THEY ARE DISQUALIFIED FROM THE MATCH. THEY ARE ALLOWED TO CONTINUE WRESTLING IN THE TOURNAMENT IF THIS LOSS DOES NOT CAUSE THEM TO BE ELIMINATED FROM THE COMPETITION.**
- **GRAND AMPLITUDE:** any action or hold by the offensive wrestler from a standing position that causes his or her opponent to lose contact with the mat, makes him or her describe a broadly sweeping curve (vertical line) in the air and brings them to the mat. In **G/R**, it is essential that the offensive wrestler accompany their opponent to the mat. If a grand amplitude throw lands directly in danger, five points shall be awarded. If a grand amplitude throw is executed but the defensive wrestler does not land in danger, four points will be awarded. [Video](#)
- **STARTING POSITION:** in the standing position, athletes shall start the match in the one meter starting area while facing each other. It is not essential for the athletes to be in contact with any start line if using a folkstyle type mat. **In the ordered par terre position, the bottom wrestler shall lie flat on their stomach with their arms stretched out in front and their legs stretched out to the back (neither the arms or legs can be touching or crossed). The bottom wrestler may have their head on or raised above the mat. The top wrestler places BOTH their knees behind the arms of the bottom wrestler. The top wrestler must be positioned to either side of the bottom wrestler and is not allowed to straddle the opponent in any fashion. When ordered, the top wrestler places their hands between the scapulae of the top wrestler without hesitation at which point the referee will blow the whistle. The bottom wrestler is allowed to work themselves to a standing position, if they choose. See image below.**



Further, in **G/R**, it is illegal for the bottom wrestler to jump or lunge forward at the start. An attention is offered as the initial warning, followed by caution to the bottom wrestler and two points to the top wrestler for any incorrect starts or subsequent “jumps.” In this case, wrestling shall restart in par terre. **When setting up for ordered par terre, the top wrestler must immediately move to the proper position and place their hands on the back of their opponent without hesitation. They are not allowed to “dance” around the mat or delay the start in any manner.**

- **STEP-OUT:** if the attacking wrestler steps out first while in the process of an action, the following situations may occur:
  - If the action is completed, the points will be scored as appropriate

- If the action is not completed, the opponent will score one point because the offensive wrestler stepped out-of-bounds first
- If the offensive wrestler has lifted the defensive wrestler and steps out with both feet, the bout shall be stopped and no points will be awarded. If the offensive wrestler has the defensive wrestler lifted off the mat and only steps out with one foot but is in the process of completing the throw, the action should be allowed to continue and scored appropriately. All in all, if the offensive wrestler has the defensive wrestler lifted off the mat and either steps out with both feet or steps out with one foot and is not able to complete their throw or is not doing anything to try to score, the bout shall be stopped, no points shall be awarded and wrestling will restart in the standing position.

Visible pushouts in either style will not be scored. If a wrestler visibly pushes out their opponent (for e.g.-straight arm push-out), they will be given an “attention”. Any subsequent pushouts will not be scored for either athlete. The “pushing” wrestler will no longer be penalized with a caution and points for his or her opponent. [Video - pushing out no points](#)

## 1 Point Actions

- Step-outs—in F/S and G/R, if the offensive wrestler steps out-of-bounds first while completing an action, allow the action to continue and score. If the action results in no points, the opponent of the wrestler who stepped out-of-bounds first will be given one point (see exception immediately above). [FS Video](#) [GR Video](#) If there is no clear action that lead to the athletes going out-of-bounds, the opponent of the wrestler who goes out-of-bounds first will get one point. [Video - par terre no points](#),
- In **F/S**, to the opponent of a wrestler designated as passive who fails to score during a 30-second activity period (see “passivity” section for further clarification). [Video](#)
- In **G/R**, to the opponent of a wrestler deemed to be passive (see “passivity” section for further clarification).
- Reversals [Video](#)
- In **F/S**, all cautions, with the exception of fouls in the danger position and fleeing the mat in the danger position, will result in one point to the opponent of the wrestler at fault. [Video - Fleeing the Hold](#),
- In **G/R**, all offensive leg fouls after a wrestler is given a friendly attention will result in the offensive wrestler receiving a caution and his opponent receiving one point.
- In **F/S**, to the attacking wrestler whose opponent flees the mat in a standing or par terre position. Wrestling shall restart in the position in which the fleeing action occurred.
- In **F/S**, to the attacking wrestler whose opponent commits an illegal hold that prevents the execution of that hold.
- In **F/S**, to the top wrestler whose opponent refuses correct par terre position after a friendly “attention.” If the bottom wrestler commits the infraction he or she will receive a caution and one point is awarded to the top wrestler; wrestling will restart in par terre. If the top wrestler refuses to start correctly after a friendly “attention,” no cautions or points are awarded--wrestling will resume in the standing position. [Video - incorrect start by the top wrestler](#), [Video - incorrect start by the bottom wrestler](#)
- To the opponent of the wrestler whose coach requested a challenge and the call that is made after video review does not benefit the challenging wrestler.

## 2 Point Actions

- All takedowns [Video](#).



- In **G/R** and **F/S**, all correct holds/actions from a standing or lifting position. [Video from Standing](#), [Video from Par Terre](#)
- In **G/R** and **F/S**, any turn that begins in par terre. Danger does not need to occur. [Video Video](#)
- In **G/R** and **F/S**, any low amplitude lift where the defensive wrestler does not land in a danger position.
- To the defensive wrestler who is able to effectively counter an offensive action and hold the offensive wrestler in a position of danger. [Video](#)
- In **F/S** and **G/R**, to the offensive wrestler whose opponent flees the mat or commits a foul while in a position of danger. Wrestling shall restart in par terre. [Video](#)
- In **G/R**, all cautions with the exception of offensive leg fouls, will result in two points to the opponent of the wrestler at fault. [Video - Fleeing the Mat](#), [Video - GR Leg Foul that scored points](#), [Video - Leg Foul in Danger Position](#)
- In **G/R**, to the attacking wrestler whose opponent commits an illegal hold or leg foul that prevents the execution of that hold.
- In **G/R**, to the attacking wrestler whose opponent flees the mat in a standing or par terre position. Wrestling shall restart in the position in which the fleeing action occurred.
- In **G/R**, to the top wrestler whose opponent refuses correct par terre position after a friendly “attention.” If the bottom wrestler commits the infraction he or she will receive a caution and two points are awarded to the top wrestler; wrestling will restart in par terre. If the top wrestler refuses to start correctly after a friendly “attention,” no cautions or points are awarded--wrestling will resume in the standing position.

## 4 Point Actions

- All feet to back situations (the defensive wrestler must contact his or her head, shoulder, or elbow to the mat all while the back is facing the mat), with the exception of grand amplitude actions that land in danger.

[Video - FS](#), [Video - GR](#)

In **G/R** and **F/S**, all grand amplitude throws where the defensive wrestler does not land in danger. [Video](#)

## 5 Point Actions

- In **G/R** and **F/S**, any grand amplitude throw where the opponent lands directly in a danger position. [GR - Video](#)  
[FS - Video](#)

## Passivity

Passivity is a tool that the officiating crew can use to stimulate action from a wrestler who is not actively attempting to score. Passivity can be observed as:

- Evading attacks without counterattacks
- Attacking without direct contact with opponent
- Faked attacks
- Not able to control center
- Grabbing wrists without starting an attack
- Regaining initial position after beginning an attack
- Evading into and maintaining position within the passivity zone

- Fixing one's opponent within passivity zone
- Defensive wrestling
- Wrestling on one's knees while not in contact with opponent
- In G/R wrestling, not attempting to "hook" his opponent despite good position

The referee should attempt to stimulate action using proper UWW vocabulary—"open," "action," "contact", "head up," prior to officially asking for passivity confirmation. See below for style specific passivity guidelines: [Video - FS](#), [Video - GR](#)

## **Freestyle Passivity Procedure-FOR ALL AGE GROUPS**

### **1st passivity violation**

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from judge or mat chairman. To indicate confirmation is received, referee raises hand of passive wrestler.
- Stop the match for verbal warning: "Red or blue, attention". Using one hand in a circular motion, indicate to the passive wrestler to be more active as well as clarify why wrestler is being passive.

### **2nd passivity violation**

- Stop the match once confirmation is given and there is no imminent scoring action in progress
- Indicate the 30-second activity period to the passive wrestler using both hands in a circular motion. It is not necessary to give any gestures or verbalize to the coaches that the activity time is started. The referee shall wait until the activity time is clearly indicated on scoreboard prior to restarting match.
- If neither wrestler scores at the end of the :30 activity period, one point will be awarded to the active wrestler. **The match shall not be stopped to award this point. No caution will be given for not scoring in the activity period.**
- If either wrestler scores, no cautions or additional points are rewarded. The :30 activity clock is ignored and wrestling shall continue without stoppage.

### **Further passivity violations**

- Further penalty periods can be initiated directly—no warnings are given after the first verbal warning. The first verbal warning does carry over between periods.
- No activity period shall be given after 2:30 (1:30 in Schoolboy/girl and younger) or 5:30 (3:30 in Schoolboy/girl and younger)

All passivity calls must be confirmed by the mat chairman. It is obligatory that the officiating crew stop the match around 2:00 (1:00 in Schoolboy/girl and younger) and prior to 2:30/1:30 (if a score is in progress at 2:00/1:00) if the score is 0-0, consult, and immediately put a wrestler into a 30-second activity period. The first period in every freestyle match must never end 0-0. The 1st passivity violation should be denoted as "V" in the match paperwork; all subsequent passivity violations shall be denoted by "P."

*If a wrestler is put on activity time, they must score within the :30 time frame allotted. If he or she starts an action prior to the :30 time frame being completed, he or she will be allowed to finish their action, but if that action does not score by the end of :30, the opposing wrestler will be given one point. The match will not be stopped to award this point. A caution for not scoring in the :30 activity period no longer applies.*

*It is possible for acts that are deemed to be passive early on in a period, could be considered fleeing the hold if done later in a period, especially with short time on the clock (less than 30 seconds). If the referee wants to warn a wrestler for fleeing the hold, they should stop the match and offer a verbal "attention" to the wrestler at fault as well as to his or her coach. This way, the athletes, coaches, and fans will be able to differentiate when a wrestler is*



*being called for passivity versus fleeing the hold.*

*If after restarting the match, the actions that lead to the “attention” persist, the referee should stop the bout, signal for a caution to the less active wrestler and score one point to the opponent.*

### **Greco Roman Passivity Procedure-FOR ALL AGE GROUPS**

There are three scenarios in which the refereeing team needs to stimulate a match with a passivity call:

1. **Score is 0-0 and wrestlers have had adequate time to score in the standing position**
2. **Score is tied and one wrestler is clearly more active.**
3. **One wrestler has the lead and his opponent acts too defensively.**

#### **1st passivity violation in a match, regardless of wrestler (given after referee uses UWW vocabulary to stimulate “passive” wrestler):**

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from the mat chairman. Upon confirmation, the referee stops the bout, the active wrestler is awarded one point and given the option to continue wrestling standing or on top in the par terre position.

#### **2nd passivity violation, regardless of wrestler:**

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from the mat chairman. Upon confirmation, the referee stops the bout, the active wrestler is awarded one point and given the option to continue wrestling standing or on top in the par terre position.

#### **3rd and any subsequent passivity violation**

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from the mat chairman. To indicate confirmation is received, referee raises hand indicating the passive wrestler. Active wrestler is awarded one point while not interrupting bout. Choice of position is not given in this or any subsequent passivity violation.

**No more than two ordered par terre positions can be given in a bout.** The restriction limiting to only one ordered par terre per period is no longer in effect. Time restrictions for offering passivity have been eliminated. Sufficient time should be offered to the top wrestler when in an ordered par terre position to allow for the development of scoring actions.

**\*NO FORMAL “VERBAL” WARNING IS GIVEN TO INSTITUTE THE G/R PASSIVITY PROTOCOL IN ANY AGE CATEGORY OTHER THAN THE REFEREE STIMULATING THE WRESTLERS DURING THE COURSE OF THE BOUT.**

All passivities shall be denoted by a “P” on the match paperwork.

*It is possible for acts that are deemed to be passive early on in a period, could be considered fleeing the hold or negative wrestling (see next section) if done later in a period, especially with short time on the clock (less than 30 seconds). If the referee wants to warn a wrestler for fleeing the hold or negative wrestling, they should stop the match and offer a verbal “attention” to the wrestler at fault. This way, the athletes, coaches, and fans will be able to differentiate when a wrestler is being called for passivity versus fleeing the hold/negative wrestling.*

*If after restarting the match, the actions that lead to the “attention” persist, the referee should stop the match and signal for a caution for the less active wrestler. Check for confirmation. A caution should be given to the less active wrestler and two points should be awarded to his opponent.*

# Negative Wrestling

Tactics employed by wrestlers whose only objective is to prevent scoring actions, avoid “open” wrestling, or deliberately cause harm to their opponent are considered negative wrestling. This can include, but is not limited to:

- Interlocking fingers
- Blocking the opponent with one’s head, one or two hands to the face, or blocking at the opponent’s chest
- Fleeing the mat or fleeing the hold
- Brutality

Two approaches can be taken by the referee team to penalize a wrestler for negative wrestling:

1. Referee stops match and gives the wrestler an “Attention,” clarifying to them what they need to change. If the negative wrestling persists, the referee should stop match, ask for a caution and award one point (F/S) or two points (G/R) to opponent. The mat chairman must confirm this call to be valid.
2. If the negative wrestling prevents an active scoring action or is considered beyond fair play (i.e. brutality), the referee can ask for a caution and one point (F/S) or two points (G/R) immediately without a formal “Attention.” The mat chairman must confirm this call to be valid.

**Negative wrestling must be strictly applied in both styles.**

# Illegal Actions and Holds

## ILLEGAL ACTIONS AND HOLDS IN ALL AGE DIVISIONS

- Pulling the hair, ears, genitals, pinch the skin, bite, twist fingers or toes.
- Kick, head-butt, push, apply force against a joint or the spine, step on the feet of his opponent or touch the face of his or her opponent between the eyebrows and line of the mouth.
- Thrusting the elbow or knee into an opponent..
- Grabbing the singlet.
- Clinging to or grasping the mat.
- Talking during the bout.
- Seizing the sole of the opponent’s foot or toes (only seizing the upper part of the foot is permitted).
- Agreeing to the match result between themselves.
- Throat holds or any other position of strangulation.
- Any hold where the defensive wrestler’s head is cinched between his or her chest and the offensive wrestler’s body, most commonly seen in standing front headlock maneuvers, where the pressure is not applied to the side.
- Twisting of arms more than 90° including forming an acute angle with the forearm in an armbar situation.
- Arm lock applied to the forearm.
- Holding the head or neck with two hands in any position without an arm encircled.
- Full Nelson, unless executed from the side without legs trapped. **\*NOTE: all full nelsons from the UWW Cadet Level and younger are illegal in all applications. Full nelsons are also illegal in female wrestling at all levels.**
- In a standing position where the defensive wrestler has attained a “pike” position (head down with legs extended into the air), all actions must occur to the side. It is strongly recommended that referees bear caution with this action at the kids level.

- Lifting the opponent who is in a bridge position and throwing him or her to the mat.
- Breaking the bridge by pushing the offensive wrestler's face or head.
- Figure four or scissors of anything other than one leg or arm. This includes a "leg cradle."
- In **G/R**, actively using the legs from an offensive or defensive position.
- In **G/R**, while in par terre, when the defensive wrestler does not keep BOTH ARMS extended and open or grabbing the hands or arms of the offensive wrestler to prevent being scored upon. The defensive wrestler is not allowed to "close" off while defending in par terre. In **G/R**, if the offensive wrestler lifts the defensive wrestler, the only tactics the defensive wrestler can use is to push off the torso of the offensive wrestler or post one arm of the offensive wrestler to prevent being scored upon. Otherwise, the defensive wrestler may not use their hands in any other ways to prevent being scored upon.
- In **G/R**, when the defensive wrestler raises or bends his legs in par terre to prevent being lifted and/or being scored upon. If the defensive wrestler is defending a lift and raises their leg opposite in the direction in which the lift is being directed, this is permissible.
- In **G/R** and **F/S**, the defensive wrestler in par terre must maintain center mat position. They are allowed to defend an action by inching forward or moving side to side to alter the position of the offensive wrestler, but they are strictly forbidden from "swimming" towards the edge of the mat. If this occurs, the referee must move in front of the defensive wrestler, yell "attention, stop" to the defensive wrestler. If the "swimming" persists, caution and one/two point/s to the offensive wrestler shall be awarded for fleeing the hold.

**Illegal holds in the Kids Division (Schoolboy/girl on down) include:**

- Slam--lifting and returning an opponent to the mat with unnecessary force. May be committed by a contestant in either the top or bottom position, as well as during a takedown. A wrestler who lifts his/her opponent off the mat is responsible for his/her safe return. When a contestant is returned to the mat with undue force, so the upper half of his/her body contacts the mat first, it is a slam.
- Three-quarter nelson with a leg hook.
- Cross-chest cradle, West Point ride, Colorado or Iron Cross.
- Double arm bar with sit-out (double chicken wing).
- Neck wrench--grasping the opponent's chin and twisting the neck. Grasping the chin is not in itself a violation, but pulling and twisting is illegal and potentially dangerous and threatens injury to the vertebrae. This situation can develop quickly from attempting to neutralize a double-leg takedown, from countering a single-leg, reaching back from the down position, and in executing at least one form of fireman's carry. The neck must not be forced beyond normal limits.

*In any case, it is the discretion of the officiating crew of what constitutes a potentially dangerous situation and whether or not the match should be stopped for the safety and overall benefit of the athletes. This is especially important with Kids level wrestlers.*

*In most cases, if the attacking wrestler is found to have violated the rules during execution of a hold, the action in question shall be completely void and on the first offense, the referee shall give an “attention” to the attacking wrestler at fault. If the attacker repeats his or her violation, he or she will be punished by a caution and one point being awarded to his or her opponent. If the defending wrestler, by an illegal action, prevents his or her opponent from developing their hold, the defending wrestler will be given a strict “attention” by the referee during the course of the match (assuming there are no safety concerns with either athlete) to warn them of an infraction in the rules. If the illegal action persists, the referee will stop the match and caution the wrestler at fault. If confirmation from the mat chairman is attained, his or her opponent will receive one point. If a Kids (schoolboy/girl and younger) level wrestler is injured by an illegal hold and is unable to continue, the wrestler at fault is disqualified. However, if a cadet level or older wrestler is injured and the officiating crew deems it not to be considered brutality, the injured wrestler will lose by injury default.*

## Brutality

It is against the rules to intentionally inflict pain on the opponent by using unnecessary roughness with the clear intent to injure an opponent. The wrestler who uses these types of holds and moves will be disqualified from the match they are competing in, and may be disqualified from the tournament. If the officials decide to call brutality against a wrestler, it must be unanimous among all three officials. Any calls for the wrestler who committed brutality to be removed from the tournament will be reviewed by the head official.

## The Coach

Each athlete is allowed two people in his or her corner during each bout. Coaches, doctors, trainers, photographers, etc. count against this two person limit. If the competition doctor or trainer allows, the coach can assist their athlete during injury treatment. The coach is strictly forbidden from stepping onto the wrestling surface away from their designated corner. The coach is also strictly forbidden from influencing the decisions or insulting the refereeing body. He or she may only speak to their athlete. The coach is allowed to give the athlete water or a sports drink during the break. It is the duty of the coach to wipe his or her wrestler of sweat during the break using a dry towel.

If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a YELLOW card (warning); if the coach persists, the mat chairman will present him or her with a RED card (elimination). The mat chairman may also present a yellow or red card on his or her own initiative. The name of the coach given a yellow or red card shall be noted on the bout sheet.

*A yellow card may be given to a coach for misconduct/unsportsmanlike behavior. A red card may be given to a coach for continued and/or repeated misconduct/unsportsmanlike behavior (second yellow card), or may be given for severe misconduct/unsportsmanlike behavior. When a yellow/red card is issued to a coach, the official shall inform the coach, team leader, and tournament director. If a red card is given, the credentials of the coach will be taken and the coach must leave the arena. The coach is not allowed to be present for the remainder of the competition.*

## Classification Points

Although most regional and national tournaments have gone to a straight-line bracket format, some individual states still offer a vertical pairing format for brackets at their events. Because of that, it is important to understand the classification points given to the athletes following a bout. This system is also used to determine team points in F/S

or G/R style dual events for USA Wrestling. Also, in international tournaments, classification points are used for placing purposes.

<b>For the winner: 5</b> <b>For the loser: 0</b>	Fall (Pin); Injury Default, Disqualification for misconduct; Disqualification for 3 cautions; Failure to make weight at 2nd day weigh-in at Cadet/Jr. Nationals
<b>For the winner: 4</b> <b>For the loser: 0</b>	Technical superiority, loser scores no technical points.
<b>For the winner: 4</b> <b>For the loser: 1</b>	Technical superiority, loser scored technical points.
<b>For the winner: 3</b> <b>For the loser: 0</b>	Decision, loser scores no technical points
<b>For the winner: 3</b> <b>For the loser: 1</b>	Decision, loser scores technical points
<b>For the winner: 0</b> <b>For the loser: 0</b>	Both wrestlers are disqualified for brutality; Both wrestlers forfeit

## 2020 Points of Emphasis

1. **For all age divisions 14U and younger, the straight back suplay or salto is now LEGAL.**
2. **Medical service regulations have been updated for 2020. Please see Appendix A.**

## Video Challenge Procedures

### **What constitutes a challenge:**

The challenge is a process where the coach is allowed, on behalf of the wrestlers, to stop the match and request the jury and mat chairman to watch the video if they disagree with the call by the referee team. This process will be available at USA Wrestling events that are designated for video review.

### **Who is on the jury?**

The jury will be comprised of 1 or 2 referees that are assigned to that bout or mat during the competition.

### **Who will conduct the video review?**

This will be completed by the jury and the mat chairman for that designated bout.

### **What is the process?**

1. The coach must issue a request for challenge when they disagree with the decision of the referee team. This should be made from the coaching area on the mat and coach can not walk into the wrestling area.
2. Challenges will be requested by throwing a colored object (challenge block) onto the mat to notify the referee

team. The color of the object will correspond to the color of the athlete. The challenge block should not be thrown in an aggressive manner toward the referee or athletes. Failure to follow these guidelines could result in a yellow or red card for the coach.

3. The mat chairman will indicate to the referee to stop the match to review the challenge as soon as the situation becomes neutral or there is no longer imminent scoring.
4. If the wrestler disagrees with the challenge, they can reject the challenge and resume the match. If the coach requests a challenge after the athlete has rejected the challenge, the coach could receive a yellow card.
5. Only the mat chairman and/or jury can refuse the challenge during the following situations. Challenges will not be accepted for:
  - a. Confirmed falls and/or situations where a fall was not confirmed by the referee team. Challenges can be requested for fouls that occurred that led to the fall.
  - b. Confirmed passivity.
  - c. Challenges not made in a reasonable amount of time. Coaches must issue the challenge within a reasonable amount of time from when the scoring action occurred or when the points went onto the scoreboard. Wrestling is dynamic and this will be at the discretion of the mat chairman and jury.
  - d. Challenges made after the match has ended. The only exceptions will be for when points are added to the scoreboard after the time was out or when an action occurred just before the end of the bout.
6. The video will be displayed on a big screen monitor, projector or TV if one is available for the competition. If one is not available, the jury and mat chairman can watch the video directly on the mat side computer.
7. If there is a technical problem and video is not available, the original decision will stand, and the coach will be given back the challenge block.
8. Each wrestler will be entitled 1 challenge per match.
9. If after review, the original decision is changed by the jury and mat chairman to be in favor of the wrestler who requested the challenge, then they will be granted another challenge to be used during that match.
10. If after review, the decision is confirmed by the jury and mat chairman or is not in favor of the challenging wrestler, that wrestler will lose the challenge and their opponent will be granted 1-point.
11. There are two other situations that could result in time being added back on the clock following a challenge.
  - a. If a scoring action was determined to be a slip throw/"risk" by the jury. The time will be set when the slip throw occurred. Any points scored after the slip occurred will be cancelled.
  - b. If a scoring action or confirmed fall was determined to be a direct result of an offensive foul by the jury, the time will be set when the foul occurred.
12. All decisions made by the jury and mat chairman will be final and will not be changed. Therefore, it is not possible to request a counter challenge.
13. Coaches will be allowed to ask the mat chairman for a clarification of the score as viewed on the scoreboard, who is winning the match on criteria if the score is tied, and/or time left in a match prior to issuing a challenge. In no way is a coach allowed to ask why a specific scoring situation was scored the way it was or to request that the referees have a consultation to discuss a scoring issue.

# Age Divisions and Weight Classes

[Link to: USAW and UWW Age Divisions and Weight Charts](#)

## USAW Modification for Folkstyle Events with Video Challenge

### Bracketing

Double-elimination line-bracketing with complete wrestle-backs to eighth (8th) place for the Kids, 16U and Junior Divisions and third (3rd) place for the Veteran's division. All **KIDS** brackets will include matches for True 2nd if the wrestler finishing 2nd has not already wrestled the wrestler finishing in 3rd, there will be **NO TRUE 2ND FOR 16U & JUNIORS**.

### Separation Criteria

Level 1: Previous Champion in Style and Age Group

Level 2: Previous 2nd-8th place in Style and Age Group, Previous Champion in Style and One Age Group Younger

Level 3: Previous Champion out of style in Age Group, Previous 2nd-8th place in Style and One Age Group Younger

Level 4: Separation by State

### PERIOD LENGTHS

#### 8U & 10U:

Championship Bracket Periods 1:00, 1:00, 1:00

Consolation Bracket Periods 1:00, 1:00, 1:00

#### 12U & 14U:

Championship Bracket Periods 1:00, 1:30, 1:30

Consolation Bracket Periods 1:00, 1:00, 1:00

#### 16U & Junior:

Championship Bracket Periods 2:00, 2:00, 2:00

Consolation Bracket Periods 1:00, 2:00, 2:00

Veterans:

Championship Bracket Periods 1:00, 1:30, 1:30

Consolation Bracket Periods 1:00, 1:00, 1:00

**BRACKET CHANGES WILL BE MADE UP UNTIL 1 HOUR PRIOR TO THE START OF THE WRESTLING SESSION. Please contact the tournament director with any issues (ie: wrestler missing from bracket or incorrect weight) by email at least 2 HOURS PRIOR to the start of the wrestling session or please come to the head table.**

## Rules

**National Federation of State High School Association** scoring rules with USA Wrestling modifications will govern the competition. These USA Wrestling modifications include the following:

- Headgear is **REQUIRED** for wrestlers 14U age group and younger.
- Mouth guards are not required for wrestlers (even wrestlers with braces)
- Rest time in between matches is a minimum of 15 minutes
- A match can be started when a wrestler does not have a coach
- The three-quarter nelson with leg hook **IS** legal in USAW Folkstyle Events
- The double arm bar with sit out **IS** illegal for 14U age divisions and younger.
  - Note: The double arm bar by application is legal. It should be stopped only when the offensiver wrestler sits out with the double arm bar and applies pressure to the head and neck of the defensive wrestler. Every effort should be made to stop the move as potentially dangerous before it becomes illegal.

USA Wrestling rules governing ages, weights and match time will take precedence where applicable. USA Wrestling Protest Procedures will govern all challenges, and where available video review will be used to aid in the decision making process.

Individual states may have specific rule modifications for competitions within their state. The above rules apply to USAW Regional National and National Folkstyle Competitions.

### **Folkstyle Competition Video Challenge Addendum:**

This process will be available at USA Wrestling events that are designated for video review.

Note: The concept of the video challenge is essentially the same in all styles of wrestling. However, Folkstyle wrestling offers some instances that call for a variation in the process that are used in Greco and Freestyle wrestling. It is not the intent of the video challenge process to have a challenge block thrown every time the coach disagrees with a judgement call. Rather, it is to fix a mistake or missed infraction not seen because of positioning on the part of the mat official. Coaches should also take into account the positioning of the camera when issuing a challenge. The camera may not have the advantage of a better position than the mat official making the call.

Folkstyle modifications will be applied as follows:

1. The jury will consist of two officials consisting of (1) the official on the mat and (2) an assigned video review official, or an official who has been assigned to officiate in that competition. To include the head mat official(s) or rules clinician.
2. Challenges must be in a timely matter. (Generally, within 5-7 seconds of when the scoring situation is posted on the score clock but will be ultimately be at the discretion of the jury).
3. Falls/Pins can only be challenged in the situation where time may have expired, an out of bounds may have occurred, or when an illegal hold is applied by the wrestler when securing a fall.
4. No challenges will be accepted at the end of the bout unless there is the potential for the result of that challenge changing the winner of the bout, changing the athlete's advancement in the tournament or changing the value of team points awarded during team competitions.



5. Calls that involve stalling, fleeing the mat, unsportsmanlike, unnecessary roughness, penalties for an illegal hold (except if applied by the offensive wrestler when securing a fall), potentially dangerous holds or acts of misconduct cannot be challenged.
6. Errors in “bad time” should adhere to the NFHS rule book. Scoring challenges must be made prior to the start of the subsequent period. However, if a coach realizes a mistake in position has occurred, the challenge block should be thrown at that time.
7. Challenges that do not result in changing the score to the advantage of the challenging wrestler will result in a technical point added to the opponents score and the loss of the challenge block for the remainder of that bout.
  1. If there is a technical problem and video is not available, the original decision will stand, and the coach will be given back the challenge block.
8. In competitions where the video challenge is in place, it replaces the “Coach Misconduct” rule 5-5 Article 1-3 in the NFHS rulebook. If the coach thinks there was a misapplication of a rule he/she must use the challenge block. A coach may only approach the official, through the scoring table, to question if the proper score was recorded and shows on the clock. If he/she disagrees with the scoring the challenge block must be used. If the coach lost the block in a previous challenge there can be no further challenges for that bout from that coach and wrestling will continue. Further attempts by that coach to interrupt that bout will result in him/her being issued the appropriate yellow or red card.
9. All decisions made by the jury will be final and will not be changed. Therefore, it is not possible to request a counter challenge.
10. Challenges/Protest will only be accepted after the end of the bout where a scoring error occurred in the last wrestled period and the wrong wrestler was declared the winner.
  1. If the score is correctable by video review, the score is corrected and the match results will stand or be changed.
  2. If it is determined that there was “bad time” the correct score will be established and “bad time” will be re-wrestle. (*End of the match “bad time” in video review, is described as the time remaining in the match after a correction is made.*)
11. Where video challenge is use in a dual meet situation no challenges or protest for a previous match will be accepted after the start of a subsequent bout.
12. A coach may approach two instances and quickly ask (without throwing the challenge block): “Is the score correct on the clock?” or “Is the time correct on the clock?” and receive a response of “Yes coach, it is.” or “No coach, let me correct it?’ If the coach still disagrees with the existing or corrected results he/she must immediately decide to challenge those results using the brick or return to the coach’s corner. All other differences must be challenged using the challenge block.

## Appendix A--Medical Service Regulations

### APPENDIX A

# **USA WRESTLING ASSN RULES 2020**

## **MEDICAL SERVICE REGULATIONS**

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#### **TITLE 1 GENERAL PROVISIONS**

A MEDICAL COORDINATOR should be appointed by USA Wrestling entity for each event who is a medical professional recognized by the state in which event is held. USA Wrestling National Events Coordinator will appoint a Medical Services coordinator for every National Event and must be working under a Medical Doctor or Doctor of Osteopathy (Physician) standing orders unless the Physician is on site. All Medical decisions by the Tournament Medical Coordinator/Physician Director are not subject to appeal or protest and are made in the best interest of the health and well being of the wrestler and all competitors of the event.

All competitors in a USA Wrestling International, National and Regional Event must receive a copy of the rule related to the Medical Coordinator/Physician Director and Concussion Management Protocol prior to competition.

All medical staff working at a USA Wrestling Sanctioned event must have a current USA Wrestling Medical Membership, a completed background check and have a current SAFE SPORT CERTIFICATE on file with USA Wrestling. Only those individuals that meet these requirements are entitled to work as a USA Wrestling Medical Provider at any USA Wrestling tournament or event

Tournament is a specific style and age group competition ie: U18 Freestyle

Event is a group of tournaments that is comprised of a number of tournaments held at the same location. ie: US Open or National Junior Duals

Events in which no Medical Services coordinators are appointed or provided the referees should follow the 2-minute injury time and 4 minute blood rule. USA Wrestling does not recommend to tournament operations to host a wrestling tournament without appointed medical providers.

## **TITLE 2 MEDICAL CHECKS PRIOR TO WEIGH-IN**

Prior to competition each competitor must submit to a medical examination by the Event/Tournament Medical Coordinator. Each competitor must present with trimmed nails in a COMPETITION SINGLET and must walk independently to the medical check area. No shoes or other equipment, cell phones, towels or clothing is allowed in medical check/weigh-in area. The medical check must examine competitor for skin disease and any of the following ineligibility criteria:

- a. No open, infected wounds
- b. Suffering from a condition or disease which as a result of physical strain during competition which might adversely affect health or his opponent's health
- c. Has an infectious disease as determined by tournament medical coordinator
- d. Has a Red Alert for Concussion from a previous USA Wrestling Event that has not been cleared by a Medical Physician (MD or DO or State Approved Concussion Specialist)
- e. Master's Level Competitor in Class C and above that does not have written medical clearance by a physician
- f. U12 category: wrestler is not able to produce an official document to validate age.

After wrestler has passed an approved medical check, can the wrestler proceed to the weigh in area.

If a wrestler fails medical check a Red Alert/Yellow alert is issued and provided to Event Director and wrestler may not participate in the tournament. U18 and underage category the wrestler's coach must be notified and noted time and date of notification.

The Tournament/Event Medical Coordinator has full authority without appeal in determining the eligibility of a wrestler to compete.

Medical Checks are available until weigh-ins are completed.

No weight reduction activity is allowed in the Medical Check/ weigh-in area.

Any wrestler, that presents at Medical Check with Makeup/temporary Tattoo covering a skin lesion will be disqualified for the event and RED Alert issued.

## **TITLE 3 TRANSGENDER POLICY**

USA Wrestling deems it necessary to ensure, insofar as possible that transgender athletes are not excluded from the opportunity to participate in wrestling competition. As such USA Wrestling Gender Policy is based on the results and guidelines of the IOC and USOC Transgender Policy.

## **TITLE 4 INTERRUPTION OF THE BOUT**

The referee is obligated to stop the match if THEY determine a situation to be potentially dangerous and could possibly cause harm to either wrestler. The mat t judge and should also have an active role in recognizing a potentially dangerous actions and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.

If a wrestler is clearly injured/bleeding, the bout must be stopped immediately, and the wrestler must be attended to by medical staff. Coaches are allowed to attend to the injured or bleeding wrestler but must not interfere with the medical staff or use the time to coach the wrestler. The unaffected wrestler must remain on the mat at all times but can be attended by coaches. The medical staff will determine bleeding management versus injury time and take appropriate actions. Bleeding time is limited to Four (4) minutes from the time the medical staff declares bleeding

time. If the bleeding time exceeds four minutes (4) the bout is awarded to opponent as a medical default. Clean up time is not considered part of the Bleeding time.

Injury Time is unlimited if the medical staff requests the time and referee grants the time. The medical staff must determine when injury is assessed and recovery time is completed. If the medical staff allows the wrestler to continue, the wrestler must be instructed that any additional stoppage for this injury in the bout could result in a point being awarded to opponent in the 16U categories and older. It is the refereeing team's discretion to award a point to the opponent for an athlete who repeatedly stops the match for injury management. Medical staff will only serve to assess and treat injuries and determine if a wrestler can safely continue in the match.

The coach may not request recovery time and abuse could result in the refereeing team issuing a yellow card.

If the wrestler that is injured/bleeding was the defensive wrestler while in par terre, wrestling will resume in par terre. If it was the offensive wrestler, wrestling will resume in the standing position.

If the bout cannot be continued due to medical reasons, the tournament medical staff has full authority to not allow the injured athlete to continue. The medical staff decision cannot be contested and a Yellow/Red Alert must be generated.

If the injury could be a concussive incident the USA Wrestling Concussion Management Policy must be followed.

## **TITLE 5 MEDICAL ALERTS**

USA Wrestling uses Medical Services Alerts to communicate eligibility of wrestlers to compete to tournament staff. All Alerts must be signed by Tournament Medical Coordinator with time and date of the Alert and this determined eligibility status. All injury defaults on match should have a YELLOW Alert issued,

**RED Alert:** The RED Alert removes the wrestler from participation in the EVENT and requires a non-Tournament Physician written clearance to return to participation in a USA Wrestling Event. If the wrestler is eligible for a placing in the tournament the RED Alert does not change that status.

**YELLOW Alert:** YELLOW Alert suspends the wrestler's ability to compete until the Tournament Medical Staff determines if it is safe for the wrestler to return to competition at this event. It does not effect the ability of the wrestler to place in the tournament. If the YELLOW Alert is active but the wrestler is not cleared to compete the match is awarded to opponent as an injury default.

**GREEN ALERT:** GREEN Alert is clears a wrestler to compete if signed by Tournament Medical Coordinator with date and time of granted eligibility. It can be used for approval of protective equipment or tape.

## **TITLE 6 MEDICAL SERVICES PROCESS**

Any wrestler seeking medical attention for any reason must sign in at the check in area of the Medical Services.

All on-site medical decisions by the Tournament Medical Coordinator/Physician Director are not subject to appeal or protest and are made in the best interest of the health and well being of the wrestlers and all wrestlers in the Event.

All injuries evaluated and treated with acute care techniques should be documented and appropriate use of USA Wrestling Alert System utilized.

## **USA WRESTLING CONCUSSION MANAGEMENT PROCEDURE**

If a wrestler becomes unconscious or referee, coach, athlete or medical provider suspects a wrestler may have received a concussion incident; the bout must be stopped and a tournament medical staff will assess the wrestler. The tournament medical staff will have unlimited time to determine if the wrestler can continue.

If the wrestler is allowed to continue by the tournament medical staff; after completion of the bout the wrestler and if U18 category or below with coach to the medical area. The involved wrestler will undergo a comprehensive concussion evaluation by the tournament medical staff. The tournament medical staff will complete a YELLOW Alert and until the wrestler is cleared and GREEN Alert issued the wrestler is on a MEDICAL Hold.

If the Wrestler is diagnosis is a concussion a RED Alert is issued and eligibility to compete in Event is suspended. A RED Alert in a USA Wrestling Event must be cleared by Physician or his or her State's Concussion Specialist must be submitted to National Events prior to next event.

No concussed wrestler will return to competition without a written return to play document from a trained concussion specialist as written into State Law at location of event within 24 hours of the incident. Parents of Concussed wrestler cannot clear wrestler to return to Event. Tournament Physicians cannot clear concussed wrestler to participate in Event. A RED Alert removes concussed wrestler from competition in the Event in which the concussive event occurred. Ideally USA Wrestling recommends a multi-step and multiple discipline return to play procedure. See Post Concussion Instructions which are provided to all Concussed wrestlers.

If a wrestler is choked out and rendered unconscious during competition the Tournament Medical staff will determine return to play and written documentation of signs and symptoms must be submitted to Tournament Medical Coordinator. If Choked out wrestler is allowed to continue a YELLOW Alert is issued after the match and must be taken to Medical area for comprehensive evaluation. If a GREEN Alert is issued the wrestler will continue as eligible competitor. If a RED Alert is issued the wrestler is no longer eligible to participate and a RED Alert issued.

A wrestler that has a RED Alert for Concussion or Choke out from a USA Wrestling International, National or Regional Event must present a Return to Play Form from a Physician or State Approved Concussion Specialist to USA Wrestling National Events Office to be eligible for the next Event.

## **MANAGEMENT OF BLEEDING**

Tournament medical staff will be granted 4 minutes to control bleeding from the time they announce to the referee they are on blood time. If the bleeding is not controlled within allotted time the bleeding wrestler will medical default to opponent.

Clean up of the mat and wrestlers will not be part of the blood time.

## **APPROPRIATE MEDICAL APPLIANCES**

Tournament Medical Coordinator needs to approve all medical appliances or rule adaptations to uniform for wrestler to use exceptions. No rib belts are allowed in Greco Roman competition

### **Exceptions include:**

Full neoprene cover for Rigid metal or composite knee braces

Short sleeve compression shirt for upper body medical issues

½" Closed Cell foam coverage completely covering all casts or plastic splints

Full face masks with headgear

Elbow sleeves that cover only to ¼ the length of the wrestler forearm

Leg sleeves that cover only ¼ the length of the lower leg