

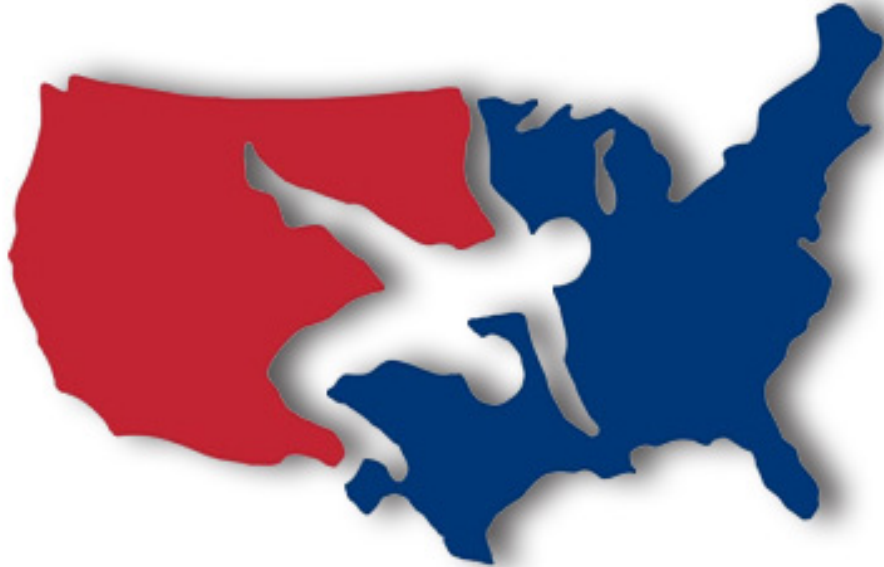
Rule Book & Guide to Wrestling

FREESTYLE, GRECO-ROMAN, FEMALE, FOLKSTYLE
and BEACH WRESTLING

2015 Edition—FOR ALL UWW JUNIOR AND YOUNGER DIVISIONS

*The official UWW rules book supersedes this publication at all times. If printing this document, please use a color printer as scoring actions are style specific and denoted by separate colors.

USA **wrestling**
/USWOA



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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 on 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 Female Wrestling, 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.

Beach Wrestling and Folkstyle Wrestling are subject to specific regulations.

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.

Modern Wrestling

Following the decision in 2013 by the International Olympic Committee to remove wrestling as a core sport following the 2016 Olympics, FILA (now operating under a new name, United World Wrestling (UWW)), adopted a new subset of rules for both Freestyle and Greco-Roman wrestling to help improve the image and overall entertainment value of this sport as to help promote wrestling for inclusion in future Olympic Games. On recommendation by various USA Wrestling Age Group Councils and Standing Committees, the USA Wrestling Board of Directors voted that these sweeping rules changes be enforced beginning immediately, with some modifications. This rulebook contains the USA Wrestling rules pertaining to Freestyle and Greco-Roman styles of wrestling, as dictated by 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 modification to the pairings procedures, weigh-ins and protest procedures. Supplements for Folkstyle wrestling and Beach Wrestling are included at the end of this book.

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 adhered to.

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 in par terre position. The wrestler must strive to master the techniques involved in as many holds 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: a 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 opponent. 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.

Age Group Competition

2015-MEN'S AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE TIME LIMITS	WEIGHT CLASSES
BANTAM	Born 2007-2008	Two two-minute periods with 30 second rest b/w periods	All rounds: Three one-minute periods	40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)
INTERMEDIATE	Born 2005-2006	Two two-minute periods with 30 second rest b/w periods	All rounds: Three one-minute periods	50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120, 120+ (20 lbs. maximum difference)
NOVICE	Born 2003-2004	Two two-minute periods with 30 second rest b/w periods	Championship: One one-minute and two 1:30 periods Consolation: three one-minute periods	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)
SCHOOLBOY	Born 2001-2002	Two two-minute periods with 30 second rest b/w periods	Championship: One one-minute and two 1:30 periods Consolation: three one-minute periods	70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265
CADET	Born 1999-2000	Two three-minute periods with 30 second rest b/w periods	Championship: Three two-minute periods Consolation: One one-minute and two two-minute periods	88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
UWW CADET	Born 1998-2000	Two two-minute periods with 30 second rest b/w periods	N/A	(IN KG) 39-42, 46, 50, 54, 58, 63, 69, 76, 85, 85-100, 125
JUNIOR	Born 9/1/1995 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest b/w periods	Championship: Three two-minute periods Consolation: One one-minute and two two-minute periods	100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285
UWW JUNIOR	Born 1995-1997; Born 1998 w/medical certificate	Two three-minute periods with 30 second rest b/w periods	N/A	(IN KG) 46-50, 55, 60, 63, 66, 70, 74, 79, 84, 96, 120
UNIVERSITY FREESTYLE	Born 1990-1996 & athlete must have graduated from high school	Two three-minute periods with 30 second rest b/w periods	N/A	(IN KG) 57, 61, 65, 70, 74, 80, 86, 97, 125
UNIVERSITY GRECO	Born 1990-1996 & athlete must have graduated from high school	Two three-minute periods with 30 second rest b/w periods	N/A	(IN KG) 59, 63, 66, 71, 75, 80, 85, 98, 130
SENIOR FREESTYLE	Born 1995 or before 1996-1997 with medical certificate	Two three-minute periods with 30 second rest b/w periods	N/A	(IN KG) 57, 61, 65, 70, 74, 86, 97, 125
SENIOR GRECO	Born 1995 or before 1996-1997 with medical certificate	Two three-minute periods with 30 second rest b/w periods	N/A	(IN KG) 59, 66, 71, 75, 80, 85, 98, 130
VETERANS (ALL STYLES)	Div. A: Born during the years of 1983 and 1990 Div. B: Born during the years of 1975 and 1982 Div. C: Born during the years of 1967 and 1974 Div. D: Born during the years of 1960 and 1966 Div. E: Born during the years of 1959 and before	Two three-minute periods with 30 second rest b/w periods	Championship: One one-minute and two 1:30 periods Consolation	(IN KG) 50-58, 63, 69, 76, 85, 97, 97-130

-ITALICIZED INDICATES OLYMPIC WEIGHT CATEGORIES USED DURING OLYMPICS AND OLYMPIC GAME QUALIFYING EVENTS

-IN F/S AND G/R EVENTS, ALL SCHOOLBOY LEVEL WRESTLERS AND YOUNGER ARE ALLOWED TO HAVE A COACH PRESENT DURING THEIR MATCH. IN FOLKSTYLE EVENTS, THIS IS NOT MANDATORY.

2015-FEMALE AGE DIVISIONS and WEIGHT CLASSES

AGE DIVISIONS	BIRTH DATES	FREESTYLE/GRECO MATCH TIME LIMITS	FOLKSTYLE TIME LIMITS	WEIGHT CLASSES
INTERMEDIATE	Born 2006-2008	Two two-minute periods with 30 second rest b/w periods	All rounds: Three one-minute periods	45, 50, 55, 60, 65, 70, 75, 80, 85, 85+
NOVICE	Born 2003-2005	Two two-minute periods with 30 second rest b/w periods	Championship: One one-minute and two 1:30 periods Consolation: three one-minute periods	60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 118+
SCHOOLGIRL	Born 2001-2002	Two two-minute periods with 30 second rest b/w periods	Championship: One one-minute and two 1:30 periods Consolation: three one-minute periods	81, 89, 97, 105, 113, 120, 128, 137, 145, 155, 175, 195
CADET	Born 1999-2000	Two three-minute periods with 30 second rest b/w periods	Championship: Three two-minute periods Consolation: One one-minute and two two-minute periods	84, 88, 95, 101, 108, 115, 124, 132, 143, 154, 172, 198
UWW CADET	Born 1998-2000	Two two-minute periods with 30 second rest b/w periods	N/A	(IN KG) 36-38, 40, 43, 46, 49, 52, 56, 60, 65, 70, 78, 84, 100
JUNIOR	Born 9/1/1995 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest b/w periods	Championship: Three two-minute periods Consolation: One one-minute and two two-minute periods	97, 105, 112, 117, 121, 125, 130, 139, 148, 159, 172, 198
UWW JUNIOR	Born 1995-1997; Born 1998 w/medical certificate	Two three-minute periods with 30 second rest b/w periods	N/A	(IN KG) 40-44, 48, 51, 55, 59, 63, 67, 72, 79.5*
UNIVERSITY	Born 1990-1996 & athlete must have graduated from high school	Two three-minute periods with 30 second rest b/w periods	N/A	(IN KG) 48, 53, 55, 58, 63, 69, 75
SENIOR	Born 1995 or before 1996-1997 with medical certificate	Two three-minute periods with 30 second rest b/w periods	N/A	48, 53, 55, 58, 60, 63, 69, 75

-ITALICIZED INDICATES OLYMPIC WEIGHT CATEGORIES USED DURING OLYMPICS AND OLYMPIC GAME QUALIFYING EVENTS *;NOT A UWW WEIGHT UTILIZED INTERNATIONALLY

-IN F/S AND G/R EVENTS, ALL SCHOOLGIRL LEVEL WRESTLERS AND YOUNGER ARE ALLOWED TO HAVE A COACH PRESENT DURING THEIR MATCH. IN FOLKSTYLE EVENTS, THIS IS NOT MANDATORY.

**Please note the 30 second rest time is from whistle to whistle, do not allow extra rest time talking to coaches. It is not 30 seconds talking to the coach.

Competition Procedure

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.
- 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.
- Contestants must be in perfect physical condition, with their fingernails cut very short. Wrestlers must be closely shaven or have a beard of several months growth.
- For all 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 all Junior Division Regionals, weigh-ins shall occur a maximum of three and 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, UWW Cadet, Junior, UWW Junior, and University 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, UWW rules shall apply, with USA Wrestling 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 scale located in close proximity to the initial weigh-in scale(s).
- 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.

*Officials responsible for the weigh-in must check that the wrestler's singlet is the singlet they will use for the competition. The singlet for Cadet, UWW Cadet and Junior Division National Championships are to be colored predominantly a clearly distinguishable shade of either red or blue. Red and blue may be mixed as long as the provisions above remain. No specific rules for any other competitions exist. For Cadet and Junior Division National Championships ("Fargo"), athletes must wear their state approved singlet. *Only for the USAW Senior Team Trials shall athletes be required to wear the "high cut" singlet (predominantly red or blue) as stipulated by UWW. The use of a two-piece singlet/uniform is not allowed at any Freestyle or Greco-Roman USAW Regional or National Championship. Folkstyle wrestlers are allowed to wear compression or board shorts and a tight-fitting sleeveless, short, or long sleeve shirt (shorts shall not be excessively baggy or have pockets, buttons, or snaps). 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 a type required for scholastic wrestling is authorized and recommended in Junior, Cadet, and UWW Cadet competition. Headgear is allowed in Senior, University and UWW Junior competition, but must be removed at the request of the opponent unless it is worn for a certified medical reason. ***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.
- Female 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. 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.
- 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 under-wired 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 another 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 mat chairman'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 shall include: a light blue polo shirt, gray trousers, black belt, and black shoes. The officials will wear a blue armband on their right wrist and a red arm band 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. 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 official to confer with his or her crew when they see a blatant misapplication of a rule. 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 maintain activity during the course of the match, 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 not taking grasp of their opponent in a standing position.
- **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 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 zone.
- **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 appropriately. If a wrestler continues to grab fingers, without twisting, this should be seen as an act of passivity.

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 screen located at the wrestling venue. Wrestlers are only guaranteed a 15 minute rest between bouts in all styles, including Folkstyle. 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 or is bleeding, the bout must be stopped immediately. 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. Wrestlers are allowed a maximum of two minutes injury time and five minutes of blood time (time for clean-up of the athletes or mats is not included in this blood time allotment). This rule does not apply to UWW Cadet, UWW Junior, University, or Senior athletes where they are allowed unlimited injury and blood time as determined by the competition doctor/trainer in charge). 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.
- No athlete is allowed to take the initiative to interrupt the bout by choosing to wrestle in the standing or par terre positions 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 1 point 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 times 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:
 - a. one opponent having the entirety of their foot outside the boundary area while in a standing position
 - b. or if the whole head of the defensive wrestler **touches** the protection area while in par terre
 - c. or if the pinning points/chest of the defensive wrestler, while in par terre, are in the protection area, but not necessarily touching the protection area.

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 headlock in bounds causing Blue to go to his or her back out-of-bounds and then Blue initiates a roll through, only the headlock 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. 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 within 5 seconds of the score being put on the score board or of the action at question occurring, the mat chairman will order the referee to stop the bout when the athletes have attained a neutral position and no more scoring is imminent. The jury or head official will then review the video of the last scoring action and determine the proper scoring decision.

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, falls are one second. **There is no such thing as a “touch” fall.** Both shoulders/scapulae of the defending wrestler must compress the mat simultaneously for the allotted time. 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 of the offensive wrestler to request confirmation from the mat chairman for a fall. It is 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 infractions)
- 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 University, Senior, UWW Cadet, and UWW Junior events, technical superiority is 10 points in F/S and 8 points in G/R. If a wrestler attains technical superiority during the course of completing the action and the defending wrestler immediately produces a counterattack in bounds, that counterattack is valid and should be scored. In other words, there can be no pause from the offensive action to the counteraction. 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 4 point actions, most 2 point actions)
 2. Least number of accrued cautions
 3. Last point scored, assuming that point is not from an autotouche scenario
- In G/R, if the final score is 0-0, the winner is determined by who was the most active last. The total number of passivities accumulated throughout the match by either wrestler has no precedence in this scenario. For example, if Red was called for passivity last in the match, Blue would be the winner in this scenario. However, it would be clear that the officiating crew is not doing their job of stimulating wrestling very well if a match ends 0-0.
- 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. 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:** simply refers to mat wrestling where the wrestlers are in no advantage position (think of a front headlock) or where one wrestler could be in the dominant position on top.
- **NEUTRAL POSITION:** where neither wrestler is at an advantage in a standing position or where the defensive wrestler has his or her chest facing the mat in a par terre position.
- **CORRECT HOLD/THROW:** an action by the offensive wrestler that causes his opponent to change direction or move through the air but does not cause the opponent to expose his 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 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](#)
- **HAND-TO-HAND:** where a defensive wrestler is being turned and braces themselves by their hands as they are being rotated. Danger is not attained in this scenario. It is critical to understand that as the defensive wrestler rotates completely back to a "neutral position" that their elbow may touch the mat. Since the wrestler no longer has his or her back exposed towards the mat, this position still characterizes "hand-to-hand." [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. The offensive wrestler must return to a neutral position and not land directly on his or her shoulders 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](#)
- **AUTOTOUACHE:** this is a penalty to the offensive wrestler for landing on his or her shoulders during an offensive action. Essentially, it is a penalty for poor technique. Although defensive falls do not exist in F/S or G/R styles of wrestling, one point is awarded to the defensive wrestler when the dominant offensive wrestlers contacts both shoulders simultaneously while completing an action in a standing or par terre position. The point given for an autotouche must be rewarded prior to any points the offensive wrestler may attain during completion of their maneuver. An autotouche must not be confused with a counter, where there is a noticeable effort by the defensive wrestler to stop the offensive wrestler's action. In a counter situation, the defensive wrestler would be awarded two points. [Video](#)
- **TAKEDOWN:** awarded to the wrestler who is able to pass behind their opponent from a neutral position and cause their opponent to have three points of contact with the mat (hands, knees and heads count as points of contact) while demonstrating control of their opponent. For example, if the offensive wrestler spins behind his or her opponent and the defensive wrestler attains a tripod position, it is not considered a takedown until the defensive wrestler's head or knee contact the mat. There is no such thing as "reaction time" in F/S or G/R wrestling. All takedowns are worth two points.
- **REVERSAL:** rewarded 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 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. [Video](#)
- **GUT WRENCH:** any turn by the offensive wrestler in par terre where they are locked around the torso, from shoulder to waist. Multiple gut wrenches can be completed in succession in both F/S and G/R. [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 or two points to the opponent. Restarts following a fleeing the mat call shall start in the position in which the infraction occurred. [Video](#)
- **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. If recognized by the officiating crew, confirmation must be given by the judge or mat chairman prior to stopping the match and making this call. **EXCEPTION:** *If this call happens with less than 30 seconds in either period, all three officials must be*

unanimous in agreement for the call to stand. This is penalized by a caution to the wrestler at fault and one or two points to the opponent. Challenges, if being utilized in the tournament, can be used in this specific fleeing the hold scenario. Restarts following a fleeing the mat call shall start in the position in which the infraction occurred. [Video](#)

- 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. 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 wrestlers have attained a neutral position 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 similar leg foul after the warning, that wrestler is then given a caution and two points to his opponent for an illegal action. [Defensive Leg Foul Video](#), [Offensive Leg Foul Video](#)
- GRAND AMPLITUDE: any action or hold by the offensive wrestler from a standing or par terre position that causes his or her opponent to lose contact with the mat, makes him or her describe a broadly sweeping curve 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. [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 par terre position, the bottom wrestler shall have their arms extended and locked at the elbow. The back shall be straight with the upper leg and lower legs forming a 90° angle (tabletop position). The top wrestler shall place their hands on the back of the opponent while standing or kneeling behind the bottom wrestler. It is illegal for the top wrestler to straddle both legs of the bottom wrestler but they may place one foot in between the legs of the bottom wrestler. In G/R wrestling, 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 and two points to the top wrestler for any subsequent “jumps.” In this case, wrestling shall restart in par terre. [Video](#)

*As the scoring actions are further explained, any Freestyle specific situations will be in **green font** and any Greco specific situations will be in **red font**. All dual style situations will remain in black font.*

1 POINT

- In F/S, correct hold/throws
- In F/S, hand-to-hand actions [Video](#) - This is a GR example but Freestyle would be similar and would be 1-point
- Step-outs—in F/S, 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. [Video - 1pt](#) In 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, no opponent will score and the match restarts standing. [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. If a wrestler clearly pushes his opponent out-of-bounds with straight arms and no observable technique, no points shall be awarded. The “pushing” wrestler will be given an attention and told not to push anymore. Any subsequent “pushing” by the warned wrestler shall result in a caution and one point to his or her opponent for an illegal action. [Video - par terre no points](#), [Video - pushing out no points](#)
- In F/S, to the attacking wrestler whose opponent flees the hold, flees the mat, or commits illegal holds or acts of brutality. [Video - Fleeing the Hold](#), [Video - Fleeing the Mat](#)
- 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, every two confirmed passivity warnings will result in one point to the opponent. The bout shall not be stopped to issue the “attentions” or any subsequent points given due to passivities (see “passivity” section for further clarification).
- In F/S, to either the top or bottom wrestler who refuses correct par terre position after a friendly “attention.” If the bottom wrestler commits the infraction, one point is awarded to the top wrestler and wrestling will restart in par terre. If the top wrestler refuses to start correctly, the bottom wrestler is awarded one point and wrestling will restart standing. [Video - incorrect start by the top wrestler](#), [Video - incorrect start by the bottom wrestler](#)
- Autotouche scenarios [Video](#)
- Reversals [Video](#)
- To the opponent of the wrestler whose coach requested a challenge and the original call made by the officiating crew is upheld

2 POINTS

- All takedowns [Video](#)
- Any turn that begins in par terre and places the opponent into a position of danger [Video](#)
- In G/R, all correct holds/throws from a standing position [Video from Standing](#), [Video from Par Terre](#)
- In G/R, any turn that begins in par terre. Danger does not need to occur. [Video](#)
- In G/R, to either the top or bottom wrestler who refuses correct par terre position after a friendly “attention. If the bottom wrestler commits the infraction, two points is awarded to the top wrestler and wrestling will restart in par terre. If the top wrestler refuses to start correctly, the bottom wrestler is awarded two points and wrestling will restart standing. [Video - incorrect start by the top wrestler](#), [Video - incorrect start by the bottom wrestler](#)
- In G/R, all cautions, regardless of cause, will result in two points to the opponent of the wrestler at fault. [Video - Fleeing the Hold](#), [Video - Fleeing the Mat](#), [Video - GR Leg Foul that scored points](#), [Video - Leg Foul in Danger Position](#)
- To the attacking wrestler whose opponent flees the mat while in a position of danger. Wrestling shall restart in par terre. [Video](#)
- To the attacking wrestler whose opponent commits an illegal hold or leg foul that prevents the execution of that hold.
- To the defensive wrestler who is able to effectively counter an offensive action and hold the offensive wrestler in a position of danger. No counter attacks may begin in the zone. [Video](#)
- To the wrestler who executes a grand amplitude throw but does not place the opponent into a direct and immediate danger position. For example, if a wrestler executes a reverse lift action and causes his or her opponent to land on their hands and knees (360° rotation), only two points shall be scored. [Video](#)

4 POINTS

- All feet to back situations [Video - FS](#), [Video - GR](#)
- All grand amplitude throws that result in the defensive wrestler being put into a direct and immediate danger position [FS - Video](#), [GR - Video](#)

NOTE: FIVE POINT ACTIONS ARE NO LONGER SCORED IN ANY STYLE

PASSIVITY

Passivity is a tool that the officiating crew can use to stimulate action from a wrestler who is not actively attempting to score. Grabbing hands and fingers, blocking with the head, clamming up in a standing or par terre position, wrestling on one's knees while not in contact with the opponent, and backing up are all considered "passive" acts. The referee should attempt to stimulate action using proper UWW vocabulary—"open," "action," "contact", "head up," "no fingers" prior to officially asking for passivity confirmation. See below for style specific passivity guidelines: [Video - FS](#), [Video - GR](#)

Freestyle	Greco Roman
<p>1st passivity violation</p> <ul style="list-style-type: none">•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". Clarify why wrestler is being passive. <p>2nd passivity violation</p> <ul style="list-style-type: none">•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•If neither wrestler scores during the activity period--caution to the passive wrestler and one point to the opponent. Do not stop the clock after 30 seconds if a potential score is in progress. <p>•If either wrestler scores, no cautions or additional points are rewarded. The 30 second clock is ignored and wrestling shall continue without stoppage.</p> <p>Further passivity violations</p> <ul style="list-style-type: none">•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 penalty period after 2:30 or 5:30 <p>All passivity calls must be confirmed by by majority of the officiating crew. It is obligatory that the officiating crew stop the match around 2:00 and prior to 2:30 (if a score is in progress at 2:00) 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."</p> <p><i>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 ask for the flee, and after confirmation, stop the match. A caution should be given to the less active wrestler and one point to his or her opponent.</i></p>	<p>1st passivity violation</p> <ul style="list-style-type: none">• 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.•Passive wrestler gets warned without stopping the bout: "Red or blue, attention, passive." <p>2nd passivity violation</p> <ul style="list-style-type: none">• 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.•Referee then puts their hand down and indicates one point to the opponent all while verbalizing that to the athletes. "Red or blue, attention, passivity, one point red or blue." <p>3rd passivity violation</p> <ul style="list-style-type: none">• 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.•Passive wrestler gets warned without stopping the bout: "Red or blue, attention, passive." <p>4th passivity violation</p> <ul style="list-style-type: none">• 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.•Referee then puts their hand down and indicates one point to the opponent all while verbalizing that to the athletes. "Red or blue, attention, passivity, one point red or blue." <p>All in all, the wrestlers are penalized, by the opponent receiving one point, for every two confirmed passivities. Passivities are unlimited in G/R and there is no ordered par terre. Passivity warnings carry over from one period to the next.</p> <p><i>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 ask for the flee, and after confirmation, stop the match. A caution should be given to the less active wrestler and two points to his opponent.</i></p>

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 (only seizing the upper part of the foot or sole 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 a arm bar 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 down 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 locked 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, when the defensive wrestler raises or bends his legs in par terre to prevent being lifted and/or being scored upon

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

- A full, straight-back suplay from a rear standing position, or the straight-back salto to the head
- 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 (**this move IS legal in USAW Kids Folkstyle Events**).
- Cross-chest cradle, West Point ride, Colorado or Iron Cross.
- Double arm bar with sit-out (double chicken wing). This is also illegal in USAW Folkstyle events.
- 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 violation, he or she will be punished by a caution and one (in F/S) or, in G/R, two points being awarded to his 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 either the judge or mat chairman is attained, his or her opponent will receive two points. If a Kids (schoolboy/girl on down) 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 up 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.

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. Also, in international tournaments, classification points are used for placing purposes.

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

2015 GRECO-RULES MODIFICATIONS SYNOPSIS

1. **ALL CORRECT THROWS FROM A STANDING POSITION ARE WORTH TWO POINTS.** IF AN OFFENSIVE WRESTLER CONDUCTS A CORRECT THROW AND GAINS CONTROL OF THE DEFENSIVE WRESTLER BY PASSING BEHIND, ONLY TWO POINTS WILL BE SCORED. YOU CAN NOT SCORE A CORRECT THROW AND TAKEDOWN IN THE SAME SEQUENCE.
2. **EVERY CAUTION WILL BE SCORED AS A CAUTION (0) AND 2 POINTS TO THE OPPONENT. THIS INCLUDES FLEEING THE MAT, FLEEING THE HOLD, ILLEGAL HOLDS, AND ALL LEG FOULS.** IF THE DEFENSIVE WRESTLER COMMITS A LEG FOUL AND THE OFFENSIVE WRESTLER SCORES THE ACTION, THE DEFENSIVE WRESTLER WILL BE CAUTIONED AND THE OFFENSIVE WRESTLER WILL SCORE TWO POINTS, IN ADDITION TO WHATEVER THE SCORING ACTION SHOULD RECEIVE. IF THE FOUL PREVENTS THE SCORING ACTION FROM FINISHING, THE DEFENSIVE WRESTLER WILL RECEIVE A CAUTION AND THE OFFENSIVE WRESTLER WILL GET TWO POINTS. THE PENALTY IS THE SAME IN BOTH CIRCUMSTANCES.
3. **ALL ACTIONS FROM A STANDING OR LIFTING POSITION THAT CAUSE THE OPPONENT TO HIT THE MAT IN THE DANGER POSITION WILL BE WORTH FOUR POINTS. THE FIVE POINT SCORING ACTION HAS BEEN ELIMINATED.** IN ESSENCE, WHAT USED TO BE SCORED A FIVE, IS NOW ONLY WORTH FOUR POINTS.
4. **ANY LIFT FROM THE PAR TERRE POSITION WHERE THE DEFENSIVE WRESTLER DOES NOT LAND IN DANGER IS ONLY WORTH TWO POINTS.** FOR EXAMPLE, IF THE OFFENSIVE WRESTLER EXECUTES A REVERSE LIFT WHEREBY IT CAUSES THE DEFENSIVE WRESTLER TO DO A COMPLETE 360° ROTATION IN THE AIR AND THEN LAND ON HIS HANDS AND KNEES, THIS ACTION WILL ONLY BE SCORED TWO POINTS.
5. **ALL TURNS FROM THE PAR TERRE POSITION ARE WORTH TWO POINTS.** THIS INCLUDES ANY TURN WHERE THE DEFENSIVE WRESTLER HITS DANGER OR ANY TURN THAT GOES HAND-TO-HAND.
6. **IF THE ATTACKING WRESTLER STEPS INTO THE PROTECTION AREA FIRST WHILE CLEARLY ATTEMPTING A SCORE, HE WILL NOT BE PENALIZED BY GIVING ONE POINT TO HIS OPPONENT.** IF THE ACTION IS COMPLETED, THE SCORE WILL BE VALID. IF THE ATTACKING WRESTLER CANNOT SCORE, THE BOUT WILL BE STOPPED, NO SCORE FOR EITHER WRESTLER WILL BE AWARDED AND WRESTLING WILL RESTART IN THE CENTER STANDING. IF THE DEFENSIVE WRESTLER STEPS INTO THE PROTECTION AREA FIRST, THE OFFENSIVE WRESTLER WILL RECEIVE ONE POINT. HOWEVER, IF A WRESTLER CLEARLY AND INTENTIONALLY PUSHES HIS OPPONENT OUT-OF-BOUNDS WITH NO VISIBLE TECHNIQUE, NO POINTS WILL BE AWARDED. THE "PUSHING" WRESTLER WILL BE VERBALLY WARNED WITH AN ATTENTION AND COULD BE PENALIZED BY A CAUTION AND TWO POINTS TO HIS OPPONENT IF HE COMMITS THE SAME INFRACTION AGAIN.
7. **ORDERED PAR TERRE FOR THE PASSIVE WRESTLER HAS BEEN ELIMINATED.** THE PASSIVITY PROCEDURE HAS ALSO BEEN ALTERED--SEE PAGE 10. PASSIVITY IS NO LONGER TIED TO ANY CAUTIONS.
8. **STAND-UP WRESTLING WILL BE STRONGLY ENCOURAGED DURING A G/R BOUT. THE WRESTLERS SHOULD MAINTAIN A POSITION WHERE THEY HAVE THEIR HEAD UP AND HIPS IN--IN ESSENCE A CHEST-TO-CHEST POSITION.** IF THE WRESTLERS REFUSE TO MAINTAIN THIS POSITION DURING THE BOUT, THEY WILL BE CONSIDERED PASSIVE. NOTE: IT IS NOT MANDATORY TO START THE MATCH OR ANY RESTARTS WITH THE WRESTLERS IN A CHEST-TO-CHEST POSITION--THEY SIMPLY MUST MAKE EVERY EFFORT TO ATTAIN AND MAINTAIN THIS POSITION DURING THE COURSE OF THE BOUT.
9. **IN PAR TERRE, THE BOTTOM WRESTLER MUST DEFEND HIMSELF WITH BOTH OF HIS ARMS OPEN AND AWAY FROM HIS BODY. THEY CANNOT "CLOSE" OFF BY HAVING HIS ELBOWS CLOSE TO HIS BODY, FIGHT THE HANDS OR LOCK OF THE TOP WRESTLER, OR FIGHT THE ARMS OF THE OFFENSIVE WRESTLER.** THIS SITUATION REMAINS THE SAME IN PAR TERRE OR IF THE BOTTOM WRESTLER IS BEING LIFTED. THE BOTTOM WRESTLER IS ONLY ALLOWED TO PUSH FROM HIS OPPONENT'S TORSO WHILE BEING LIFTED. AFTER ONE STRICT "ATTENTION" AND "OPEN" COMMAND FROM THE REFEREE, THE BOTTOM WRESTLER WILL BE PENALIZED BY A CAUTION AND TWO POINTS TO HIS OPPONENT IF HE REFUSES TO CHANGE HIS POSITION.
10. **ALTHOUGH NEVER LEGAL, GRABBING AND INTERLOCKING FINGERS IS STRICTLY FORBIDDEN AND WILL BE A POINT OF EMPHASIS UNDER THESE MODIFICATIONS.** IF A WRESTLER HOLDS WRISTS OR INTERLOCKS THE FINGERS FOR AN EXTENDED TIME AND DOES NOT FOLLOW THE "OPEN" OR "NO FINGERS" COMMAND FROM THE REFEREE, THEY MAY BE PENALIZED. EARLY ON IN A MATCH, THESE ACTIONS COULD BE CONSIDERED PASSIVITY. LATER ON IN A MATCH, THESE ACTIONS COULD BE CONSIDERED FLEEING THE HOLD. IN ANY CASE, IF TWISTING IS INVOLVED WHILE INTERLOCKING THE FINGERS, THIS WILL BE PENALIZED IMMEDIATELY AS AN ILLEGAL HOLD (CAUTION AND TWO POINTS TO HIS OPPONENT).