

2018 GRECO ROMAN RULES: Juniors and below

- Two-3 minute periods with a 30 second break in between (Junior & Cadet Divisions) **Two- 2 minute Periods for Consolation Matches**
- Two-2 minute periods for all divisions Schoolboy and below.
- Tech. fall is earned ONLY with a differential of **10 points** between wrestlers.
- Slip throws are emphasized. This is when an attacking wrestler who takes all the risk does not complete the attack for a score and the defending wrestler does nothing aside from defending the attack of the other wrestler. In this situation, no points are awarded and wrestlers are returned to the standing position. Slip throws can occur from neutral as well as par terre positions (in either case, wrestlers return to standing position).

GRECO ROMAN SCORING

- **1 Point**
 - Step out/Push out- (whole foot, elbow, or head touches out of bounds; 2 hands out is not a Step out & a straight arm push is not a push out.
 - Reversal- (bottom wrestler ends up on top with no exposure).
 - **Offensive Leg Fouls. 1st Offense, Attention, subsequent = Caution +1**
- **2 Points**
 - Correct Throw- (Risk taken by Offensive wrestler that results in Defensive wrestler making a full rotation without going to danger.
 - Takedown (three points of defensive wrestler's body comes into contact with the mat; these points include knees, head, hands, elbows).
- **ALL MAT EXPOSURES:** This includes all danger positions AS WELL AS all Hand-to-Hand exposures.
- **MOST CAUTIONS:** Regardless of whether or not the offensive wrestler scored points on the initial action. **All other Cautions in Greco Roman are Caution +2, with the exception of Offensive Leg Fouls. (See above)**
- **4 Points**
 - Throw that starts from feet and lands in danger (including lifts from par terre position).
- Lifts from par terre in which bottom wrestler makes a full 360^o rotation and lands on belly.
- **5 Points**
 - Grand amplitude throws that land in danger, (defensive wrestler rotates high in the air; pay particular attention to the feet).

In both cases, the throw must be followed and controlled to the mat by the attacking wrestler in Greco Roman only.

EMPHASIS ON NEGATIVE WRESTLING IN GRECO

This is blocking by putting the head down, posting hands on chest to prevent locks, grabbing the fingers, etc... Basically anything that is preventing opponent from being able to hook and take a lock. This should be stopped and an Attention/Warning given to the wrestler. If it continues, it would be a Caution for the defensive Wrestler and +2 points for the Active Wrestler. **Other Negative Wrestling-** Fleeing the Mat, Posting 2 hands to the face, etc.... should be a direct Caution and 2 points. No Warning is needed.

2018 GRECO ROMAN PASSIVITY SEQUENCE

This is different from Negative Wrestling and should be kept separate.

1st offense = Verbal warning issued to the passive wrestler, the match will **NOT** be stopped, referee will hold the color of the passive wrestler straight up and give a verbal warning (For example: WARNING RED, PASSIVE)
2nd offense = **Stop the bout**, the officiating team issues a Passivity for the Defensive wrestler and 1 point for Active wrestler. The Active Wrestler is given choice of top or standing. This is Ordered Par Terre- Bottom wrestler is flat and top wrestler has both knees down, off to the side with hands pointing forward on the back or shoulders.

*****There is only ONE ordered par terre per period*****

NOTE: Fleeing the hold can also be a consideration, but this CAN NOT be called without first stopping the bout and issuing an ATTENTION to the fleeing Wrestler. Especially in the last 30 Seconds of a match.

**** MAT CHAIRMAN MUST CONFIRM ALL Falls, Passivity and Cautions****

DEFENSIVE LEG FOULS- 1st time = Caution and 2 Points (The wrestler still has chance to finish the move and score points) 2nd time – Disqualification of the match. – This is only with Defensive Leg Fouls. You will have to Indicate on the Bout Sheet it was a defensive leg foul.

3 Total Cautions still equals Disqualification from a match

GRECO ROMAN TIEBREAKER CRITERIA

1) Highest Point Value Scored 2) Least # of cautions 3) Last Point scored 4) In the event that a match ends zero to zero and both wrestlers have one caution against them, the wrestler who was penalized last for passivity will lose the match (this should RARELY happen if ever because in a match that is this closely contested, it is the job of the officiating team to stimulate activity by using the passivity sequence).

2018 FREESTYLE RULES

- Two-3 minute periods with a 30 second break in between (Open, Junior, Cadet Divisions). **Two-2 Minute Periods for Consolation matches.**
- Two-2 minute periods for all divisions Schoolboy/Schoolgirl and below.
- A technical fall is earned **ONLY** with a differential of **10 points** between wrestlers.
- Slip throws are emphasized. This is when an attacking wrestler who takes all the risk does not complete the attack for a score and the defending wrestler does nothing aside from defending the attack of the other wrestler. In this situation, no points are awarded and wrestlers are returned to the standing position. Slip throws can occur from neutral as well as par terre positions (in either case, wrestlers return to standing position).

FREESTYLE SCORING

•1 point

- Step out (whole foot, elbow, or head touches out of bounds; 2 hands out is not a step out).
- Reversal (bottom wrestler ends up on top; no standing reversals).
- Penalty that occurs when a 30 second Activity Clock expires.
- All Cautions are 1 point except for Fleeing the mat in Danger.

•2 points

- Takedown (three points of defensive wrestler's body comes into contact with the mat; these points include knees, head, hands, elbows).
- **ALL MAT EXPOSURES:** Mat exposure resulting in danger AS WELL AS Hand-to-Hand exposures.
- Correct throw (risk taken by an offensive wrestler that results in defensive wrestler making a full rotation without going to danger).
- **Caution 2- Fleeing the Mat in Danger Position.**

•4 points

- Any action that starts from feet and lands in danger (consideration is for where the defensive wrestler's knees or elbows are when the action occurs)

•5 points

- Grand amplitude throws that land in danger (defensive wrestler rotates high in the air; pay particular attention to the feet).

POINT OF EMPHASIS FOR FS & GR

Interlocking fingers CAN NOT be tolerated. If a wrestler is guilty of interlocking fingers, issue a warning using proper vocabulary (BLUE OPEN, NO FINGERS). If offending wrestler does not adjust, immediately issue a CAUTION to the offending wrestler and award 2 points to his/her opponent.

FREESTYLE PASSIVITY SEQUENCE

All passivity calls require confirmation from the Mat Chairman (passive calls can be initiated by either the Referee or the Judge) .

- 1st offense = Stoppage of the match by referee and a verbal warning given to the passive wrestler, referee will say ATTENTION RED/BLUE, PASSIVE. This should occur approximately 30 to 45 seconds into a scoreless period.
 - Once a wrestler has received the first warning, the next time the wrestler is called for passivity, he/she will go on the Activity Clock (meaning this does not start over in between rounds).
- 2nd offense = Stoppage of the match by the referee. Passive wrestler is placed on a 30 second Activity Clock. This should occur approximately 1:30 or 1:45 into a scoreless period.
 - *****At 2:00 into a scoreless period (i.e. one minute remaining), the match must be stopped and either Red or Blue is put on the 30 second Activity Clock ***.**
 - If there are less than 30 seconds remaining in a period, a wrestler can not be put on the Activity Clock. In these cases, the referee should consider a fleeing the hold call.
 - In a period in which either wrestler has scored, the referee should be cautious about calling passivity and should in most cases consider a fleeing the hold call.
- At the conclusion of the 30 second Activity Clock, one point will be awarded to the opponent of the wrestler who was placed on the Activity Clock.
NOTE: There is NO CAUTION associated with this call.

POINT OF CLARIFICATION: Wrestling will no longer be stopped when the Activity Clock expires. Therefore, if a wrestler is in the process of scoring when the Activity Clock expires, the referee simply scores the penalty point followed by any subsequent points that may occur.

- If EITHER wrestler scores during the 30 second Activity Clock, the Activity Clock is extinguished and wrestling continues.
- **POINT OF EMPHASIS:** Fleeing the hold CAN NOT be called without first stopping the bout and issuing an ATTENTION to the fleeing wrestler. After this attention has been issued, a fleeing the hold call may be issued if the wrestler continues in a similar manner. EXCEPTION: Blatant fleeing of the hold within the last 10 seconds of a match can be called without first issuing an ATTENTION.
- **** MAT CHAIRMAN MUST CONFIRM ALL Falls, Passivity and Cautions****

FREESTYLE TIEBREAKER CRITERIA

- 1) Value of holds
- 2) Least number of cautions
- 3) Last point scored

NOTE: It is impossible for a match to end 0-0. See * above for reasoning.**