

2024 GRECO ROMAN RULES

- Two-3 minute periods with a 30 second break in between (Junior & Senior Div)
- Two-2 minute periods for all divisions 16 U and below.
- A tech. fall is earned **ONLY** with a differential of **8 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 (whole foot, elbow, or head touches out of bounds)
- Reversal (bottom wrestler ends up on top) without exposure
- Fleeing the Mat or Fleeing the Hold (Caution associated with these) OR second offensive leg foul.
- Lost challenge (with video review)

•2 points

- Correct Throw (risk taken by an offensive wrestler that results in the defensive wrestler making a full rotation and landing on hip or chest 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

○Counter-Action: when a wrestler who takes all the risk finishes action in danger, the defending wrestler must receive points (can not slip to danger)

○CAUTIONS associated with defensive leg fouls, negative wrestling, fouls that prevent a fall.

•4 points

- Throw that starts from feet and lands in danger (including lifts from par terre position).
- Lifts from par terre in which the bottom wrestler makes a full 360° rotation and lands on belly. (defensive wrestler rotates high in the air; pay particular attention to the feet).

•5 points ○Grand amplitude throws that land in danger. Must land in Danger to be a 5!

○**Example:** Blue attacks Red in the middle of the mat. Red purposely leaves the mat under attack. In the process, Blue completes a takedown. Proper scoring would be 2B-0R-1B (2 point takedown, Caution on Red, 1 more point Blue. If fleeing ends in Par terre with foul, restart par terre.

GRECO ROMAN PASSIVITY- When a referee observes passivity or negative wrestling, he/she will attempt to stimulate action using UWW Vocabulary: ATTACK, ACTION, OPEN. •1st two passivity calls of the match (regardless of which wrestler) result in: ○1 point awarded to non-passive wrestler

- Choice of position granted to non-passive wrestler (top or standing)
- No Caution issued to passive wrestler

•If a third passivity is issued, no points will be awarded. However, the bout will be stopped and the offensive wrestler will have the choice to continue in the par terre or standing position.

Verbalize and use your hands to speak with the Athletes to set up calls.

***IMPORTANT: Mat Chairman must confirm ALL Passivity calls, ALL Cautions, and ALL Falls.**

GRECO ROMAN TIEBREAKER CRITERIA

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

•**Fleeing the Mat / Hold** is penalized with a Caution and **1 Point** awarded to the opponent of the fleeing wrestler.

•**Fleeing the Mat** is to be called whenever it is appropriate regardless of whether the offensive wrestler scored other points going out of bounds.

Greco Roman Point of Emphasis- Chest to chest, hips in, head up. Do not bend over, keep upright, take a hold.

•If a **wrestler in the danger position** requests the bout be stopped and the officiating team can not detect a visible injury or unsafe situation, the bout shall come to an end and the wrestler in danger shall assume a loss by fall.

2024 FREESTYLE RULES

- Two-3 minute periods with a 30 second break in between (JR & Senior Div)
- Two-2 minute periods for all divisions and below.
- A 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). **FREESTYLE SCORING**

- 1 point
 - Step out (whole foot, elbow, or head touches out of bounds)
 - Reversal (bottom wrestler ends up on top)
 - ALL CAUTIONS: Regardless of whether or not the offensive wrestler scored points on the initial action (with exception of foul committed by defensive wrestler while in the danger position)
 - Lost challenge (with video review)
- 2 points
 - Correct Throw (risk taken by an offensive wrestler that results in the defensive wrestler making a full rotation and landing on hip or chest 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
 - Counter-Action: when a wrestler who takes all the risk finishes action in danger, the defending wrestler must receive points (can not slip to danger)
 - CAUTIONS associated with fouls that prevent a fall
- 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.

FREESTYLE TIEBREAKER CRITERIA

1. Highest Point Value / # Cautions / Last scored

FREESTYLE PASSIVITY SEQUENCE

- 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 wrestlers are placed on a 30 second Activity Clock. This should occur approximately 1:30 or 1:45 into a scoreless period.
 - 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 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 Time, one point will be awarded to the opponent of the wrestler who was placed on the Clock.
 - *NOTE: There is NO CAUTION associated with this call.
 - *IMPORTANT: **Mat Chairman must confirm ALL Passivity calls, ALL Cautions, ALL Falls. Verbalize, use hands to speak to Athletes to set up calls.**
- **Activity Time** is only discontinued if the wrestler who was laced on the Activity Clock scores any type of points. If the wrestler who was considered the aggressor prior the the Activity Time scores, the Activity Time continues to run and that wrestler is awarded one additional point at the conclusion of the 30 second Activity Time.
- **Age Groups with 2 Minute Periods** no longer require an initial stoppage and warning prior to placing a passive wrestler on Activity Time. For these age groups, the first stoppage will result in the confirmed passive wrestler being placed immediately on the Activity Clock. Talk to the athlete with verbal commands and hands, CONTACT, ACTION, ATTACK to set up the call, make sure everyone knows who is being passive. Must stop at 1 Minute and place the most passive wrestler on the activity clock.