



May 13-15th

Avon High School 7575 E. CR 150 S. Avon ISWA 2022 FREESTYLE/GRECO STATE FINALS

COACHES, CLUBS, WRESTLERS, PARENTS-BE AWARE THIS EVENT REQUIRES A WRESTLER TO COMPETE IN AT LEAST 2 FREESTYLE EVENTS PRIOR TO REGISTERING. A DROPDOWN MENU ON TRACKWRESTLING WILL BE PRESENTED ON THE 2022 ISWA FOLKSTYLE STATE FINAL TRACKWRESTLING REGISTRATION LINK.

Clubs: Thank you in advance for communicating this with your members. Coaches wishing to coach matside must attain a 2022 Wrestler Leader Membership and be Minimum Copper Certified. This process can take up to 2 weeks to complete.

More details can be found here: [Coaches \(iswa.com\)](https://www.iswa.com/coaches)

More detail about this event can be found online here: [2022 FS/GR State & Girls FS State Finals \(iswa.com\)](https://www.iswa.com/2022-fs-gr-state-girls-fs-state-finals)

TABLE HELP IS NEEDED AT THE 2022 ISWA STATE TOURNAMENTS. MORE INFO ABOUT HOW TO GAIN TEAM POINTS OR WORK A TABLE CAN BE FOUND HERE:

<https://www.iswa.com/iswastatetablehelp>

The ISWA 2022 CULTURAL EXCHANGE

Currently the trip for the 2022 Budapest trip is full. Twelve wrestlers will venture to Budapest for an experience of a lifetime. These high school age wrestlers will be staying at Lake Velence and then Budapest, Hungary

2022 IHSWCA Coaches Clinic

The IHSWCA Coach's Clinic is May 13th at Uindy. More detail can be found on their website at

www.ihswca.org.

USAW/ISWA LOCAL Sanction Events: www.iswa.com/eventschedule

NEW FREESTYLE RULES BELOW:

2022 Regional/National Rules Modificati.

Updated automatically every 5 minutes

2022 Regional/National Rules Modifications and Updates

1. If an athlete flees the mat during an attack and the offensive wrestler finishes his/her takedown or other scoring maneuver, the offensive wrestler will score the takedown/scoring maneuver (2, 4, or 5 points) PLUS caution to his/her opponent and one more point (2, 4, 5 + 1). Match will restart in PAR TERRE. This rule applies to all styles.
2. If an athlete flees the mat during an attack and the offensive wrestler is unable to finish his/her attack, the offensive wrestler will score the step out (1 point) PLUS caution to his/her opponent and one more point (1 + 1). Match will restart STANDING. This rule applies to all styles.
3. If an athlete flees the mat in par terre, caution to the defensive wrestler and his/her opponent receives one point. Athletes will restart in par terre. -- If an athlete flees in danger, caution to the defensive wrestler plus two points to the offensive wrestler, restart par terre (no change from previous rules).
4. Par Terre Starting Position: Match will start once the offensive athlete places hands on any part of the back.
5. If an athlete is put on activity time and does not score, the active wrestler will get one point on top of any points he/she scores in activity time. The passive athlete on activity time must score in that 30 seconds or their opponent will receive one point. The point will be awarded without stopping the match.
6. In the 14U and younger, U15, 16U, U17 and Veteran age categories, no verbal warning for inactivity will be given due to the shortened periods. The first stoppage in the match for passivity will go directly to activity time.
7. Time period for Veterans/Masters is incorrectly noted in weight and age category charts. At Masters in Las Vegas, all Masters age categories will wrestle 2-minute periods.
8. In a fall situation where the defensive athlete nearly has his/her shoulders to the mat and screams to simulate an injury and a reason for this potential injury is not observed, the refereeing team is obligated to call a fall, with mat chairman approval.
9. 14U and younger age categories ARE required to wear headgear. Please do not be singlet police—a distinguishable shade of red or blue is acceptable.
10. Double arm bar with sit-out, three quarter nelson w/leg hook and west point ride (iron cross/cross chest cradle) maneuvers are now LEGAL in all age divisions.
11. Technical superiority in GR will now be 8 points across ALL age divisions.
12. Kickbacks are legal in FS, assuming the offensive wrestler does not use undue force against the defensive wrestler's knee. This has always been legal but I think this is important to clarify since many of you ask this question every year.
13. In Greco the offensive wrestler DOES NOT have to accompany his opponent to the mat during a throw or action in order to score points.

April 1, 2022 USAW provided the ISWA with revisions to the Freestyle season rules/scoring. Please take a moment to review the following weblink which includes the USAW Wrestling Rule Book & Guide to Wrestling Freestyle, Greco-Roman & Female Wrestling for all ages. Note page 22 emphasizes 2022 Point of Emphasis.

https://www.usawmembership.com/usa_wrestling_rule_book

Any Freestyle or Greco officiating/rule questions can be directed to ISWA FS/GR Mat Official Mark Mundy at: mark-mundy@hotmail.com.