

Freestyle & Greco Roman Wrestling

PERIODS

- 3 periods with a winner being chosen at the end of each period

HOW DO I WIN?

Winning A PERIOD

- Score More Points than Opponent
- Record a Fall (MATCH OVER)
- Execute Two 3-Point moves
- Execute a 5-Point throw
- Lead opponent by 6 points
- Tie – Winner is the **LAST** person to score.

Winning a MATCH

- Record a Fall
- Win 2 out of 3 periods

WHO DO I SCORE

FEET

- 1pt – Takedown w/ No Back Exposure
 - 2pt – Takedown w/ Back Exposure when Defending Wrestlers knees are on mat.
 - Counter Action – Stopping offensive wrestlers action and then executing a TD.
 - 3pt – Takedown from Feet w/ back exposure as part of the initial action.
 - 5pt – Throw from Feet with High Amplitude
- ### PAR – TIER (on the mat)
- 1pt – Forcing opponent to touch one or two outstretched arms, w/ his back facing the mat w/out touching the elbow, head or shoulder.
 - **HOLD DOWN** – Keeping opponent in the danger position for a 5 count.
 - Recording a **reversal** from bottom without scoring any other points during the action.
 - 2pt – Exposing the Opponents Back beyond 90°
 - Countering an opponent from defensive position while putting them in the danger position.
 - 3pt – Lifting opponent from Mat and Exposing his back beyond 90°

OUT OF BOUNDS

- Moves will be scored out of bounds as long as the move was INITIATED in bounds.
- You will be awarded **1pt** if your opponent steps out of bounds.

GENERAL PROHIBITIONS

Not allowed:

Head Butting, Touching Face between Eyebrow and Mouth, stepping on feet of opponent, pulling hair, biting, pinching, twisting fingers, Grasping Opponents Singlet, Talking during bout.

Illegal Holds:

Scissors or Figure-4 around the body or head, Holding the Neck w/ 2 hands w/out an arm(in any position). Peeling fingers to break a lock or gut wrench, throat holds.

Illegal for CADET & Women:

Full Nelson & $\frac{3}{4}$ nelson w/ leg hooked

Illegal Hold - KIDS –

Full Belly-to-belly or back-to-Back throws, Cross-Chest Cradle (iron-cross), Lifting opponent and bringing them back to the mat with unnecessary force(SLAM), Double Arm bar w/ a sitout, Neck wrench (grabbing chin and twisting neck)

PENALTY for ILLEGAL Actions

1st Attempt – Hold is stopped and warning given

2nd Attempt – Receive **Caution**, and Opp is awarded **1 pt**

If Illegal Action prevents opponent from executing a move you receive **Caution** and opponent receives **2 pts**

FLEEING A HOLD

Defending wrestler refuses to make contact or open up in order to prevent his opponent from executing a move -- **Caution and 1pt**

GRECO SPECIFIC RULES

It is forbidden to grasp the opponent below the belt line, or to trip him or to use the legs **actively** to perform any action.

All pushing pressing, or “lifting” by means of contact with the legs on any part of the body is prohibited

Passive use of legs and incidental contact is OK

Par Terre

The bottom wrestler can not bend or raise either leg in order to prevent a hold from being executed -penalty – CAUTION & 2 pts.

Jumping forward in an attempt to force your opponent into an illegal leg foul is prohibited.

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CLINCH

Freestyle – Clinch is used in Freestyle when any period ends in a 0-0 tie.

- 30 Second Period
- Coin Toss – Winner chooses which leg his opponent has to put in the middle of the circle
- Winner clasps a grip around opponent's leg w/ the his/her head on the outside.
- Defensive Wrestler must place hands on the back of the offensive wrestler
- Referee will immediately blow the whistle when the offensive wrestler clasps his hands
- First Point wins.
- If No Points Scored, Defensive wrestler wins

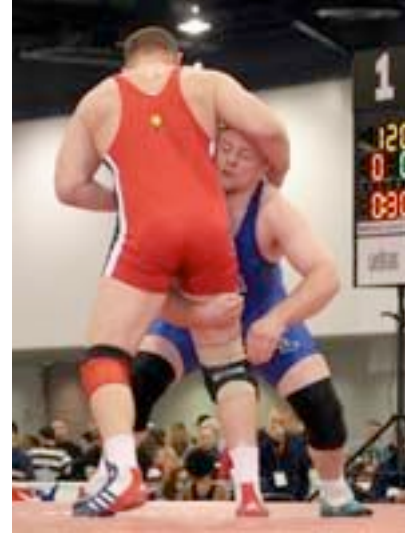
Greco – **Each Period** of Greco Roman wrestling will involve 1:00 minute of wrestling in the standing position and two 30 second clinch periods

- **HOLD – Defensive** wrestler begins in Par Tier position. Must place hands and Knees on the marks and keep arms and legs at a 90° Angles
- **Hold – Offensive** wrestler locks up a Reverse Body Lock. He may be standing or on one knee. His legs cannot touch opponent. Neither foot can be past the Hand Line, one foot can be behind the foot line. Arms must be brought in simultaneously and locked at the hands in order for the Clinch to valid.
- Whistle will be blown as soon as the hands touch
- First Point Scored in the period takes the Hold.
- If at the end of :30 seconds no one has scored the defensive wrestler would be awarded 1pt and the wrestlers will switch positions

KIDS DIVISION MODIFICATION (14 & under)

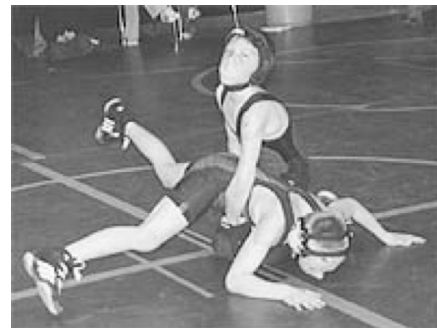
- Top wrestler must take the clinch in Kids level Greco-Roman with both knees on the mat.

Freestyle Clinch Position



As soon as offensive wrestler clasps leg with both hands the referee will blow the whistle.

Kids Level Greco Clinch w/ Both knees on Mat.



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