

2023 GRECO and FREESTYLE RULES

***For a complete list of UPDATED RULES, Go to USWOA.COM *** (which SURPASSES this document)

“PASSIVITY” = “NOT SCORING” or “NOT Attempting to Score”

vs. **Stalling** = not working to improve your position (Folkstyle ONLY)

When speaking: **COLOR 1st**, **COMMAND 2nd** (Examples: “RED, Action” or “BLUE, Zone”)

Vocabulary: **“Action”, “Attack”, “Contact”, “Open”, “Head Up”, “Fingers”, “Zone”, “Place”, “Center”**

SCORING POINTS:

1 Point: Step Outs, Reversals, Passivity, Cautions in FS, Offensive Leg Fouls (GR)

2 Points: Takedowns, ALL TURNS, Correct Throws, Cautions GR, **FLEEING in Danger** (FS and GR)

4 Points: “Feet to Danger” Throws, Grand Amplitude Throws that **DO NOT** land in Danger, **Lifts plus ROTATION**

5 Points: Grand Amplitude Throws that **DO** land in Danger

WHO SCORED?

1. Who took the **RISK**?
2. What was the **DIRECTION** of the attack?
3. Was there a **COUNTER-ATTACK** or a **BAIL-OUT**?

1. Was the **“DEFENSIVE”** wrestler **STANDING** or in **PAR-TERRE**?
2. Did either wrestler land in **DANGER**?
3. Was there **GRAND AMPLITUDE**?

ALL PASSIVITIES, CAUTIONS, and FALLS: *MUST BE CONFIRMED BY THE CHAIR!*****

ACTIVE Wrestling:

Hand fighting vs Hooking, Set ups, Angles,

NEGATIVE Wrestling:

1. Grasping Fingers, 2. Head Down, 3. Blocking with Head or Hands

1st: Verbal warning **2nd:** Caution +1 (FS), +2 (GR)

OUT OF BOUNDS:

Entire **Head** or **Foot** must touch outside of line or Upper Torso or 2 hands while standing

Actions that start inbounds can finish out of bounds = O-wrestler can step out and score

Defensive Wrestler **can NOT score** once they are out of bounds (foot, head, body, etc.)

Shoulders breaking past **90 degrees** and **ELBOW** or **SHOULDER** or **HEAD** touch the mat

DANGER:

STEP OUT vs PUSH OUT:

Can NOT just push your opponent out of bounds, must be an attempt to score

SLIP THROWS/TURNS:

In bounds: Did the Defensive Wrestler do anything to **STOP ACTION** or **CHANGE DIRECTION**?

COUNTERS vs BAIL-OUTS:

Out of Bounds: Was the Defensive wrestler under attack when they attempted to throw?

PAR-TERRE:

Defensive wrestler: Flat on Belly, Feet and Hands straight on the mat

Offensive Wrestler: Both Knees on mat behind armpits of def wrestler, Hands on back

ILLEGAL HOLD/FOULS:

Hands to Face, 2 Hands on the Head, Illegal Headlocks, Snowplow Cradles,

Leg Scissors (around head), Offensive Push-Outs, BRUTALITY*

Offensive Fouls – **1st:** Attention and loss of position **2nd:** Caution +1 (FS) / +2 (GR)

Defensive Fouls – **1st:** Caution and +1 (FS) / +2 (GR)GR **2nd:** Caution +1 (FS) / +2 (GR)

CAUTIONS:

CAUTIONS = +1 (FS) / +2 (GR) 2nd Defensive Leg Foul (GR) = “DQ” 3rd Caution = “DQ”

STANDING vs PAR TERRE:

Wherever the **FOUL OCCURRED, ACTION WILL RESTART IN THAT POSITION***

TRI-POD/QUAD-POD:

It is NOT a takedown until the **ELBOW** or **KNEE** or **HEAD** also touches while behind hips

FLEE the MAT:

Not staying in the mat area, facing out when going off the mat, avoiding takedown (**CAUTION +1**)

FLEE the HOLD:

*Must set up a FLEE THE HOLD call with an **“ATTENTION”** first (**unless <30 sec. left**)

FALL (PIN)

CONTROL and COMPRESSION – No Defensive Falls

CRY OUT Rule – Defensive wrestler simulates an injury while in Danger, Ask for Fall

TECHNICAL FALL

Winning by **8 points (GR) / 10 Points (FS)**

TIE BREAKER CRITERIA

1- Highest Value of Actions (most 5's, 4's, 2's, 1's)

2- Least # of Cautions

3- Last Point Scored

GRECO

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“PASSIVITY” = “NOT SCORING” or “NOT Attempting to Score”

“NEGATIVE” WRESTLING: Grasping Fingers, Head Down, Blocking with Head or Hands
1st: Verbal Warning 2nd: Caution + 2

PROPER GRECO STANCE: Head Up, Hips In, Chest to Chest (not Head-to-Head and No Collar Ties)

PAR TERRE Starting Positions: Defensive Wrestler: Flat on Belly, Feet and Hands straight
Offensive Wrestler: Both Knees on mat on the same side, hands on back

Passivity SCORING for GRECO: (Passivity is **NOT** a Caution – Passivity is just a Point and Choice)

1st Passivity: (P) 1 pt. for opponent and **CHOICE** of Ordered Par Terre (**STOP MATCH**)
2nd Passivity: (P) 1 pt. for opponent and **CHOICE** of Ordered Par Terre (**STOP MATCH**)
3rd Passivity: (P) **NO pt.** for opponent and **CHOICE** of Ordered Par Terre (**STOP MATCH**)

GRECO Defense to **Gut Wrench or Reverse Locks:**

Must defend with open arms, Not allowed to block with elbows or knees
Not allowed to touch opponents HANDS, WRISTS or ARMS
Official will say “OPEN” and slap the mat. If wrestler doesn’t open, Caution +2
If lifted, Defensive wrestler can post with 1 hand on the Off Upper Arm/Torso

GRECO Defense to **Front Head Lock:**

Allowed to attack Hands, wrists and arms
Not allowed to grab fingers

LEG FOULS: The active **USE OF LEGS “TO SCORE” or “PREVENT SCORING”**

Offensive Legs: 1st: **Attention** (STOP, give warning, and loss of advantage position)
2nd: **Caution +1 Point** for opponent
3rd: **Caution +1 Point** for opponent
4th: **DISQUALIFIED**

Defensive Legs: 1st: Let Offensive action score, then **Caution +2** (restart in position of foul)
2nd: **DISQUALIFIED**

GRECO SCORING:

1 Point: Step out, Reversals, Passivity, Offensive Leg Fouls in GR, **FLEE THE HOLD**
2 Points: Takedowns, ALL TURNS, Correct Throws, Cautions GR, FLEEING in Danger
4 Points: “Feet to Danger” Throws, Grand Amplitude Throws that DO NOT land in Danger
5 Points: Grand Amplitude Throws that Lands in Danger

TRI-POD/QUAD-POD: It is NOT a takedown until the **ELBOW, KNEE or HEAD** also touches while behind hips

MERKLE/OKIE-CHOKIE: This is NOT a takedown in GRECO

FLEE the MAT: Not staying in the mat area, facing out when going off the mat, avoiding takedown

FLEE the HOLD: Must set up a FLEE THE HOLD call with an “ATTENTION” first (**CAUTION +1**)

FALL (PIN): CONTROL and COMPRESSION – No Defensive falls in Greco

CRY OUT Rule – Defensive wrestler simulates an injury while in Danger, Ask for Fall

TECHNICAL FALL: Winning by **8 Points** differential (ALL AGE GROUPS)

TIE BREAKER CRITERIA: 1-Highest Value of Actions (most 5’s, 4’s, 2’s, 1’s)

2-Least # of Cautions

3-Last Point Scored

FREESTYLE

***For a complete list of UPDATED RULES, Go to USWOA.COM *** (which SURPASSES this document)

“PASSIVITY” = “NOT SCORING” or “NOT Attempting to Score”

Passivity **SCORING** for Freestyle:

Stimulate Action (friendly reminders)

1st: (V) Ask for Passivity: Once Confirmed by Chair (**STOP** the MATCH)

2nd: (P) Ask for Passivity: Once Confirmed by Chair (**STOP** the MATCH)

EXAMPLES:

“RED, Action”, “BLUE Head Up”

“RED, Passive” (ONE hand circling)

“RED, Passive” (TWO hands circling)

30 Sec. ACTIVITY CLOCK

30 Sec. “ACTIVITY CLOCK” (SHOT CLOCK)

****Do NOT stop the match at the end of 30 seconds Activity Clock****

If **NEITHER** wrestler scores, **DO NOT STOP THE MATCH**, award 1 pt. to non-passive wrestler

If the **PASSIVE** wrestler scores, the activity time ends, and wrestling continues.

If the **NON-PASSIVE** wrestler scores in the 30 sec, award any points scored and +1 pt. to the non-passive wrestler

PASSIVITY CLOCK Management for Freestyle: -Two 3-minute periods (2:15, 1:45, 1:15)
-Two 2-minute periods (1:00 - *NO verbal warning*)

TRI-POD/QUAD-POD:

It is NOT a takedown until the **ELBOW, KNEE or HEAD** also touches while behind hips

MERKLE/OKIE-CHOKIE:

This is NOT at takedown in Freestyle until the wrestler gets behind the defensive hips

FLEE the MAT:

Not staying in the mat area, facing out when going off the mat, avoiding takedown

FLEE the HOLD:

Must set up a FLEE THE HOLD call with an “ATTENTION” first

FREESTYLE SCORING POINTS:

1 Point: Step out, Reversals, Passivity, All Cautions except Fleeing in Danger

2 Points: TDs, ALL TURNS includes hand to hand, Correct Throws, FLEEING in Danger

4 Points: “Feet to Danger” Throws, Grand Amplitude Throws that DO NOT land in Danger

5 Points: Grand Amplitude Throws that Lands in Danger

SITUATIONAL SCORING:

1 Move (4pt Feet to Danger) VS. **2 Moves** (2 pt. TD and 2 pt. TURN)

4pt Feet to Danger with a Counter Roll-Through for Danger

4 pts ONLY: Offensive does **NOT Break Grip** on legs

4 pts (O) and 2 pts (D): Offensive wrestler **DOES Break Grip** on legs

FALL (PIN):

CONTROL and COMPRESSION – No Defensive falls in FS or GR

CRY OUT Rule – Defensive wrestler simulates an injury while in Danger, Ask for the Fall

TECHNICAL FALL:

Winning by **10 Points** differential

TIE BREAKER CRITERIA:

1-Highest Value of Actions (most 5’s, 4’s, 2’s, 1’s)

2-Least # of Cautions

3-Last Point Scored

2023 Wrestling Points of Emphasis

1. USA Wrestling has removed all modifications to the UWW rules in regards to "in the circle" regulations. **Double arm bars with sit-out, cross-chest cradles, and three-quarter nelson w/leg hooked** are **Legal** in all age categories.
2. **Technical superiority in GR** will now be **8 points across ALL age divisions**.
3. **Fleeing the Mat** and **Fleeing the Hold** rules have been modified.
 - If the defensive wrestler leaves the mat under attack and the offensive wrestler is able to complete his or her scoring action, the action shall be scored. The defensive wrestler will be given a caution and the offensive wrestler awarded one additional point. The match will restart in the par terre position
 - If the defensive wrestler flees the mat under attack and the offensive wrestler is unable to complete his or her scoring action, the offensive wrestler will score one point for a step out. The defensive wrestler will be given a caution and one more point awarded to the offensive wrestler. Wrestling will restart in the standing position.
 - Fleeing the hold will be assessed by a caution to the wrestler at fault and one point awarded to his or her opponent in both styles. Wrestling will resume in the position the fleeing action occurred.
4. Due to the shortened time periods (2 minutes) in **16U and younger age divisions and Masters** age categories, **NO verbal warning for passivity in FS will be given**.
5. All **Masters (Veterans)** age categories will wrestle **2:00 minute periods**.
6. In **GR**, the offensive wrestler **DOES NOT HAVE TO** accompany their opponent to the mat.
7. In the **par terre starting position**, the match will start once the offensive wrestler has placed his or her **hands anywhere on the back of the defensive wrestler**.
8. 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 or 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.
9. 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**.
10. **Kickbacks are legal in FS**, assuming the offensive wrestler does not use undue force against the defensive wrestler's knee.

RULES: **NFHS scoring rules** with **USA Wrestling modifications** will govern the competition:

- **Headgear** is strongly recommended but **NOT required** for wrestlers in all age groups. (Opponents cannot ask to have headgear removed)
- **Mouthguards** are **NOT required** for wrestlers (strongly recommended if wearing braces)
- **Rest time** in between matches is a minimum of **15 minutes**.
- The wearing of a **two piece uniform** is **Legal** in USAW Folkstyle competitions only.
- A **match can be started** when a wrestler **does NOT have a coach**.
- **Errors** must be **corrected prior to the start of any subsequent period** in Greco and Freestyle.
- **Bleeding time** is limited to **4 minutes** from the time the medical staff arrives.
- **Injury Time** is **Unlimited**.
- The **three-quarter nelson** with leg hook is **Legal** in USAW Folkstyle Events.
- The **double arm bar with sit-out** is **Legal** for all age divisions.

GENERAL REFEREE MECHANICS

CORE COMPETENCIES:

#1 – **Be Fair and Unbiased** - Must evaluate holds fairly without undue influence - Only see two wrestlers, Red and Blue - Wrestlers “MUST” decide the winner, “NOT” the referee.

#2 – **Safety of the Athletes** - Must prevent unnecessary- Identification of potentially dangerous situations - Stopping the bout at correct times to avoid injuries

#3 – **Evaluation of Holds** - Must know the point values for basic holds - Must be able to score basic situations - Must be able to apply cautions and passivity when needed

#4 – **Proper Referee Mechanics** - Verbal communication - Starting and Ending Bouts - Correct use of hand signals to indicate and display the correct points - Correct use of hand signals: Falls, Out of Bounds, Fouls, Passivity, Stimulating Action

#5 – **Appearance and Mobility** - Must work to be in the right position to score the correct points - Must be able to change levels - Must be able to move quickly without running - Must look like a Referee

#6 – **Controlling the Bout** - Must maintain a professional manner on the mat - Must remain calm during stressful situations - Must maintain control of the bout when wrestlers have unsporting behavior - When to interrupt the bout - Starting and Ending Bouts

#7 – **Referee Duties** - Job as the Referee - Job as the Judge - Job as the Mat Chairman

REFEREE:

Be confident and make your call

Back away from the athletes so you get a bigger picture don't get too close

Always keep your eyes on the athletes, Never turn your back to the wrestlers

Herd and Corral the wrestlers back to the center after going out of bounds

Look through the wrestlers to the **Clock**

Anticipate the action and get into position, never run, don't chase, use 1/4 turns

Change levels for turns and look for the fall

Hold points up high so everyone in the gym can see them

Slow whistle: let the action start in bounds, continue out of bounds, if necessary

Every time you blow the whistle give a hand gesture; out of bounds, illegal, step out

Every time you talk to an athlete give a hand gesture with the correct color & action: head up, fingers, etc

Point to step outs, leg falls, illegal holds, slow whistle let action continue

Reward the highest point value if action never stopped (2 point TD versus 1 point step out)

Say the **Color 1st** then the **Command 2nd** (example: red action, blue head up)

Vocabulary: action, heads up, fingers, contact, zone, open, place,

Passivity vs. negative wrestling used to stimulate action and scoring

If points are scored, slow down your passivity calls

It's better to have a final score of 2-1 as opposed to 1-1 or 2-2

**Freestyle: If no points are scored, try to have at least 3 passivity calls in the 1st period

Can NOT end a first period 0-0 in Freestyle with 1:00 remaining activity time

PASSIVITY CLOCK Management for Freestyle: -Two **3-minute periods (2:15, 1:45, 1:15)**

-Two **2-minute periods (1:00 - *NO verbal warning*)**

Activity (Shot) Clock: make sure there's enough time left in the match after the shot Clock

Do not stop the match in parterre with 10 seconds or less left in the period unless OOB

With **Attentions**, blow your whistle, stop the match, talk to your athletes

3-MAN MECHANICS:

1. REFEREE:

SAME AS GENERAL REFEREE MECHANICS plus the following:

PASSIVITIES, *CAUTIONS, and *FALLS: ***Must get CONFIRMATION from the CHAIR ONLY**

If you get a Passivity Confirmation, look to the athletes and if there is action, then hold your call

ATTENTION (Do **NOT** need confirmation) Blow the whistle, Stop the match, Talk to athletes

FLEE THE HOLD: *Must Set up with an **ATTENTION 1st** (unless in the last 10 sec. of match)

*ALL 3 REFS must agree on Flee the Hold Calls if < 30 sec. remain in the match

Don't talk to the coaches about calls/questions, direct them to the Chair ("COACH, PLEASE...")

Look through the wrestlers to the **Clock**

Look through the wrestlers to your **Judge and Chair**

NEVER take a wrestler off his back in a pinning combination unless the Chair tells you to.

2. JUDGE:

Call your own match! Do NOT just mimic the ref or call what the ref calls

Hold Up Paddles High and Quickly so the Chair can confirm quickly

Make sure the **Score and the Clock are Correct**

Always keep your **eyes on the action**, write down points later

Sit there quietly, do NOT say stop or call out time to the ref (that's the Chair's responsibility)

DO NOT talk to coaches about calls/questions, direct them to Chair ("COACH, PLEASE...")

JUDGE MAY INITIATE Passivity Calls and Flee Calls

Give OPTIONS to the Chair when applicable (3 votes vs. 2 votes):

(4's vs 2's, Flee Calls vs. Step Outs, Slips, Action away from you)

Can't white paddle an out of bounds Flee Call, it must be a Step Out or a TD

***Flee Calls: if <30 sec. left in the match, CONFIRM ALL FLEES and give the option to the Chair**

***ALL 3 REFS must agree on Flee the Hold Calls if <30 sec. remain in the match.**

3. CHAIR:

MUST CONFIRM ALL *PASSIVITIES, *CAUTIONS, and *FALLS

***ALL 3 REFS MUST agree on Flee the Hold Calls if <30 sec. remain in the match**

Take Control of the Mat/ You have the Final Say - IT IS YOUR MAT!

Make sure the **Score and the Clock are Correct**

Keep **CONFERENCES/CONSULTATIONS Short and Simple** (with Coaches and the Ref/Judge)

-NOT ALLOWED to watch VIDEOS anymore during the Conference

-When calling a Conference, ask questions to the Ref and the Judge: "IS IT POSSIBLE?"

-Be ready to give a **SHORT, DETAILED EXPLANATION** of your call to the coaches

-Listen to the coach's question 1st, then:

1. Explain to the coach what you called and explain the reason why.

-or-

2. Call a Conference with the Ref and the Judge, make a decision together, then explain to the coach what you called and explain the reason why.

Most CAUTIONS:

FREESTYLE: CAUTION +1

GRECO: CAUTION +2

*Exceptions:

***(+2 = Flee the Mat in Danger for FS/GR)**

***(+1 = Offensive Leg Fouls, FLEE THE HOLD)**