

## Coach/Wrestler Quick Guide to Greco-Roman Wrestling

The Bout – A bout is two (2) periods of Three (3) minutes for Cadets & above; Two (2) minute periods for Kids. There is a thirty-second (30-second) rest between periods. Most points (both periods) wins; in case of a tie, criteria will decide. Criteria: High value hold(s), fewest cautions, last point(s) scored.

To conduct a bout: The wrestler's will present in the correct color singlet mat side (check-in). The Referee will then invite the wrestler's onto the mat and inspect them for compliance. The wrestler's will then shake hands, assume a chest-to-chest position and begin wrestling on the whistle. Wrestling will continue until there is a winner; Fall, Technical Superiority, DQ, Default, Time expires. The wrestler's will return to the center of the mat and shake hands with each other and the Referee. The Referee will raise the hand of the winner. If there is no winner at the end of the first period, there will be a rest break. The wrestler's will return to their corner and may drink, be coached and must be dried off. The wrestler's will return to the center of the mat when called. The Referee will check if the wrestlers are dry and then continue the match.

Greco-Roman is restricted to the upper body.

Scoring:

1-point: Step-out, reversal, placing own shoulders on mat while executing a hold, loss of a challenge. **Deliberately** pushing the opponent out - NO SCORE

2-points: Takedown, placing opponent in danger, Cautions, Blocking (catching) the offensive wrestling in the danger position, correct throws, gut wrench - regardless of danger position

4-points: Throws landing in the danger position.

5-points: High arching throws that land in danger.

Danger position: When the line of the back (shoulders) is less than 90 degrees from the mat while the upper body is in contact with the mat.

Technical Superiority: When there is a ten (10) point difference in the score after action has stopped.

Attacks that begin inbounds may land out of bounds and score. If an attacker steps out in the process of the attack and the attack succeeds, there is no step out, the attack will be scored. If the attacker fails, Return to center, no point. If the defender steps out, 1-point or the attack.

The wrestlers may not talk to the official(s) at any time. The coach may not talk to the Referee or Judge at any time. The coach may approach the table to discuss a situation with the Mat Chairman.

Officiating:

3-man: Mat Chairman, Judge, Referee – The Referee conducts the match and scores the holds. The Judge observes the match and scores the holds. The Mat Chairman observes the Referee and Judge and determines the score if there is a disagreement between the Referee and Judge. All scores require, at least, 2 of the 3 officials to agree.

2-man: Referee, Advisor/Secretary – The Referee conducts the bout and scores the holds. The Advisor/Secretary ensures that the scores are recorded properly and offers advice when asked by the Referee.

1-man: Referee – The Referee conducts the bout, scores the hold and answers questions as needed.

The Challenge:

With Video Review: When the coach believes an error has been made, he/she may toss the Challenge block onto the mat, immediately. When the action stops, the Referee will ask the wrestler if he/she wishes to accept the challenge. If the challenge is declined, the block goes back to the coach and the match continues. If the challenge is accepted, the Referee takes the block to the Mat Chairman. The Jury of Appeals will then watch the video and determine the proper scoring. If there is a change to the score, the block is returned to the coach and the score is updated. If there is no change, the block stays with the Chairman and 1-point is added to the opponents score. A coach may only challenge if they have the challenge block.

Without Video Review: If the coach believes an error has been made, he/she may approach the score table and discuss the situation with the Mat Chairman. The Chairman will then take appropriate action; answer the question(s) or call for a conference with the officiating team. Once a decision has been reached, the score will be adjusted (if needed) and the match will continue.

Yellow/Red cards:

Yellow card: When the coach acts inappropriately (acts the fool) he may be Yellow carded. This is a formal warning. Two (2) yellow cards equals a Red card.

Red card – When a coach acts unacceptably (an ass) he/she may be Red carded. The Red card means the coach must leave and is not eligible to coach or return that day.