




Texas - USWOA

Freestyle, Greco-Roman and
Women's Wrestling Rules
2008

Jim Woolnough

- 
- This presentation is my interpretation of the guiding documents from FILA and USAW. It is not intended to be the authoritative version of the rules but a guide to learning them. It incorporates updates and guidance from many sources.
 - For authoritative guidance, the USAW and/or FILA will make the interpretations.
 - Rick Tucci is the President of the USWOA and the FILA Instructor for North America.
 - The rules are subject to modification as the year progresses. Always attend the pre-event officials clinics to make sure you are current with the rules.



■ General Rules

■ Articles 1-3

- Implement the various rules and regulations of FILA.
- Only the FILA Executive Bureau may interpret the rules. Rules are written in French and English. The French is the true text.
- The rules apply to all events under FILA control and the Olympic Games
- USA Wrestling is the National Governing Body and will translate and interpret the rules for use in domestic competitions.
- Rick Tucci is the President of the United States Wrestling Officials Association and the FILA Instructor for North America.

■ Material Structure

■ Articles 4 – 7

- The Mat – a 9-meter diameter circle with the outer 1 meter called the zone
- Dress – Wrestlers must wear a high-cut singlet or a two-piece uniform, wrestling shoes, and carry a handkerchief; women may not wear an under wired bra. The uniform must be red or blue. Headgear is optional except for 14 & under. Nothing may pose a hazard to the opponent. USA requirements may vary.
- Competitor's license – All athletes must have a license to compete. In the US they must have a USAW membership.
- FILA has 5 age groups; USAW has 8. FILA weight classes are in kilograms. USAW weight classes are in pounds.
- FILA and USAW have competitions for age groups.

■ Competitions and Programs

- Articles 8 – 10
- FILA competitions are single-elimination with follow-on
- USAW competitions two-pool or double elimination with exceptions. Always check the event flier for details.
- The Competition Program is the schedule of events. Check the flier and/or posted informations for details.
- FILA and USAW will present awards during an awards ceremony. Details may vary by event.
- FILA presents medal & certificates for places 1-3 and certificates for places 5 – 8.
- USAW presents medal for places 1 – 3.
- For competition places and dates, check the FILA and/or USAW calendars.

■ Competition Procedure

■ Articles 11 – 15

- FILA weigh-ins are done the day before competition.
- USAW weigh-ins are done the day of competition.
- All competitors will draw numbers, at registration/weigh-in, for placement on/in the bracket/pool. Computer drawing may be used (USAW).
- Competitors will be placed by draw number on/in the brackets and pools. USAW -adjustments may made for same team/state/returning placers.
- The lists will be posted in public.

■ Officials

■ Articles 16 – 23

- The officiating team will have three members: Mat Chairman, Judge, Referee
- Mat Chairman – Responsible for everything pertaining to the match
- Judge – Works with the referee to score the bouts, must offer an opinion on all action
- Referee – the one with the whistle, conducts the bout IAW the rules and should signal all actions first
- At certain events, the person responsible for referees (Controller)
- Uniform – FILA: Blue jacket; yellow tie; gray slacks; black belt, shoes and socks; red & blue wristbands; whistle
- Uniform – USWOA: light blue polo shirt; gray slacks; black belts, shoes, socks; red & blue wrist bands; whistle
- Three member officiating teams are not required at USAW events but should be used whenever possible

■ The Bout

■ Articles 24 – 30

- Each bout consists of three (3) periods of two (2) minutes.
- To win a bout requires either winning 2 of the 3 periods or a fall, default, disqualification, withdrawal
- To win a period requires: a 5-point action; 2 3-point actions; a 6-point difference; most points; criteria for tie scores
- Wrestlers will be called to the mat. Wrestlers failing to meet the call will default and may not place.
- The wrestlers must present, in compliance with Art 5, in their corners and be brought onto the mat by the referee.
- After inspection by the referee, the wrestlers will shale hands and begin wrestling on the whistle.
- The referee will stop the bout when needed for OOB, cautions, attentions and otherwise as needed.
- The bout will end when time has expired or a wrestler has won the bout.

■ The Bout

■ Articles 31 – 35

- Extra time – if a period ends with a 0 – 0 score, the wrestlers will go to an ordered hold for extra time. Extra time lasts 30 seconds.
- A bout may be won by:
 - Fall, injury, default, disqualification
 - Technical superiority
 - Points
 - Criteria – if score is tied (other than 0 – 0)
- The coach may be in the corner or at the foot of the platform and may only coach their wrestler or assist in medical treatment of their wrestler.
- In individual tournaments, teams are awarded points by the placement of their wrestlers (top ten)
- In team events, teams earn points for match victories to determine placement

■ Points for Actions and Holds

■ Articles 36 – 42

- A 'slipped throw/hold' occurs when an attacking wrestler misses their move and winds up on the mat, belly down with no action from their opponent. Wrestling continues with no score.
- The 'danger' position occurs when a wrestler's back is to the mat by action of their opponent.
- 1-point for takedowns, reversals, hold downs, cautions that do not prevent a score, the opponent stepping OOB, refusals, non-bleeding injuries
- 2-points for placing/holding an opponent in the danger position, cautions that prevent a score, refusal in GR par terre position, "instant fall" position.
- 3-points for feet-to-back actions or throws from the mat.
- 5-points for "grand amplitude" throws.
- Two of the three officials must agree on the value.
- Each period starts from a 0 -0 score.

■ Classification Points – Individual

■ Articles 43 -45

■ The winner receives:

- 5-points for falls, defaults, DQ's, withdrawals
- 4-points for technical superiority
- 3-points for other wins

■ The loser receives:

- 1-point if they scored during the bout; exception if they were pinned
- 0-points if they did not score, were pinned, defaulted, withdrew, were DQ'd

■ Both wrestlers receive 0-points if they are DQ'd for rules violations

■ Falls must occur within the wrestling area and be confirmed. A fall takes 1-second.

■ It is a technical superiority if a wrestler wins two periods by 6-point difference, 2 3-point actions, 1 5-point action, or any combination of these.

■ Negative Wrestling

■ Articles 46 – 48

- Par terre – on the mat. If no significant action for a time, bring the wrestlers back to the standing position.
- Par Terre starting position – on hands and knees. Limbs straight down to the mat from the body. Hands about shoulder width apart, knees about hip width apart. On a mat with the correct markings, hands & knees on the spots
- Top position – Hands on shoulders, may be standing or on one knee.
- Red Zone – the outer 1-meter of the mat. Used to warn wrestlers they are approaching the edge. Does not mean much in par terre. Actions may end but not start in the zone. Alert the wrestlers with the command “Zone Red” or “Zone Blue”
- Actions/holds may end in the protection area. Falls are not valid.
- One foot in the protection area is out of bounds and a restart in the standing position.

- The Ordered Hold (Clinch)
- Freestyle – if a period ends in a 0 – 0 tie, an ordered hold will be used.
- The hold lasts 30-seconds and the first to score wins.
- If the offensive wrestler does not score, the defender is awarded 1-point and wins the period.
- Greco-Roman – At the 1-minute and 1 ½ minute marks, the bout will stop for an ordered hold. Exception; if a wrestler is in the danger position at that time, the hold is waived for the rest of the period.
- Tie breaking criteria determines who is the top wrestler first. In the case of a 0-0 tie, Disc flip to chose who will select ball.
- Wrestlers will assume their positions and wrestle for 30-seconds. All scoring actions will count and wrestling takes place as normal.
- If the top wrestler fails to score, the bottom wrestler will be awarded 1-point.
- At the end of the 1st ordered hold, the wrestlers will change places and wrestle the 2nd ordered hold. Same thing.

■ Prohibition and Illegal Holds

■ Articles 49 – 55

- In general wrestlers may not: talk to the opponent; grab the mat; fix the match; pull, twist, strike or bite an opponent's hair, genitals, ears; head butt or endanger the opponent
- Fleeing the hold occurs when a wrestler refuses contact, preventing action from occurring.
- In Greco, a down wrestler who 'leaps' forward is fleeing the hold. 1st time – “No jump” (attention); 2nd time – caution + 1 point to the opponent
- Use the command “Contact (red or blue)” to warn, then penalize.
- Fleeing the Mat – same as fleeing the hold only the wrestler has left the wrestling area. Caution + 1 point or caution +2 points if in the danger position.
- Endangering the spine, limbs, breath or blood are illegal holds.
- Offensive violations – loss of position, no score, restart in the standing position

- Defensive violations – Judge the seriousness of the danger.
 - Does not stop the score – caution + 1 point
 - Prevents a score – caution + 2 points
- Kids & Cadets may not use the full nelson or the $\frac{3}{4}$ nelson with leg hook.
- In Greco-Roman wrestling the legs may not be used offensively or defensively, actively.
- A wrestler who repeatedly uses an illegal hold may be cautioned with 1-point to their opponent.
- In the event of a willful act of brutality, the offending wrestler may be eliminated from the bout and/or tournament.

■ The Protest

■ Article 56

- There is no protest of the match result.
- USAW modification – At events where there is no competition video, a protest may be made. The Mat Chairman must be notified of the protest at the end of the match. The protest form must be filled out and returned to the Chief Pairer along with the \$100 fee. If the protest is not heard, the fee is not returned. If the protest is not upheld, the fee is not returned. If the protest is upheld, the fee will be returned.
- The protest may be made only of a match, not an individual period.

■ Medical

■ Articles 57 -59

- For International competition wrestlers must have a medical exam 3 days prior to departure. And go through a med check just prior to weigh-ins.
- For USA competitions, wrestlers will have a med check prior to weigh-ins.
- During competitions, what the Med staff says is the way it goes.
- Doping – By participating you consent to drug testing. For FILA it is WADA. For the USAW it is USADA.
- Final appeal is to the Court of Arbitration for Sport (CAS) in Switzerland.
- The cost for providing medical/drug testing is to be borne by the hosts.

■ Women's Wrestling

■ Articles 60 – 63

- Women have the same categories as men with different weights/ages. See charts.
- Women may not wear earrings, hair slides, bracelets, etc..., or any metal or rigid object.
- Women will wear a female uniform, not a male uniform with t-shirt.
- The standard rules of wrestling will apply.
- Women may not use a full-nelson.



■ Interpretation of Wrestling Rules

- These rules supersede all previous editions.
- The FILA Executive Bureau is the sole decision-making authority.
- In case of dispute, the French text is the official text.
- National Federations must translate these rules into their language.
- Every official at a competition must have a copy of these rules in their language and one of the FILA languages (French or English).