

# **The Simplified Rule Book for Freestyle, Greco-Roman and Women's Wrestling**

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By

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The rules for the Olympic styles of wrestling are written by the FILA Congress and interpreted by the FILA Bureau. These rules are then sent to the National Governing Bodies and translated for use in those countries. USA Wrestling is the NGB for the United States. The rules are subject to reinterpretation during the season.  
(USAW modifications are in parenthesis and blue.)

## **USA Wrestling Rapid Weight Reduction Rule**

No "sauna suits" at any time. The use of hot, rooms, hot showers, hot boxes, etc..., diuretics, emetics, laxatives, etc..., vomiting are prohibited.

Penalty – 1<sup>st</sup> offense Suspension from the event.  
2<sup>nd</sup> offense Suspension for 1 year.

Penalties also apply to those aiding & abetting in these practices.

1<sup>st</sup> offense enforced by tournament committee.

2<sup>nd</sup> offense enforced by age group committee.

## **General Rules**

### **Article 1 – Object**

Article 1 authorizes the regulations of the various FILA committees to apply to all events governed by FILA. To include Financial, Discipline, Competition and other such regulations as needed.

It also defines the purpose of the rules to guide the actual competition and officiating of the bouts.

### **Article 2 – Interpretation**

Only the Executive Bureau of FILA is allowed to interpret the rules, in case of conflict or disagreement. The FILA uses English and French as its official languages but only the French text is considered as authentic.

### **Article 3 – Application**

These rules and regulations shall be used at the Olympic Games and all international competitions under FILA governance. Exceptions may be made with FILA approval. (FILA rules with USAW modifications will be used at all regional and national events. States are encouraged to use these rules at their events)

## **Chapter 1 – Material Structure**

### **Article 4 – The Mat**

The mat must be 9 meters (28') in diameter with a surrounding protection area of 1.5 meters (5'). The outer 1 meter of the central wrestling area will be red. There is a 1-meter circle in the center of the mat. The line to describe the circle is 10cm in width. On the diameter of the circle will be a line 8cm in width. The color of these lines is red. The diagonal corners (1 set) of the mat will be marked in Red or Blue to match the wrestlers. For the Olympics, World Championships and World Cups, the mats must be new. For other competitions, they must be in good repair. The mat will also be elevated on a podium not higher than 1.10 meters.

(In the US, mats may be marked with tape or dotted lines to indicate the zone. FILA approved mats are not required for domestic events.)

### **Article 5 – Dress**

Each competitor must be clean shaven or have a non-abrasive beard. They must also wear a FILA approved singlet. The singlet must have the Country emblem on the front and the country abbreviation on the back. Not larger than 10cm by 10cm. The singlet must be predominately blue or red. Blue and red will not be allowed on the same singlet. Light kneepads with no metal parts may be worn. The wrestler must also have a cloth handkerchief during the match.

The singlet may have advertising from sponsors on the thighs and back of the singlet. Letters and/or symbols may not be larger than 6 cm. The sponsors name may also appear on the robe of the wrestler.

Ear guards may be worn provided they are FILA approved. Referees may direct a wrestler to wear ear guards if the hair is considered too long. No metal or hard shells. Shoes will be wrestling shoes with or without laces. They may not present a hazard to the opponent. Shoe laces must be secured with tape or covers.

Wrestler may not:

- ✓ Wear the emblem or abbreviation of another country
- ✓ Wear bandages on the wrists, arms or ankles except under doctors' orders.
- ✓ Apply greasy or sticky substance to their body
- ✓ Be wet at the start of the match or each period
- ✓ Wear anything that is hazardous to the opponent

Wrestlers must present themselves at weigh-ins in compliance with these rules. If they present at the mat incorrectly attired, they will have one-minute to correct their appearance or forfeit the match.

(The singlets must be predominantly blue or red with a mix of red & blue allowed. For Cadet & Junior Nationals, it must be the state approved singlet. Headgear is recommended for Junior, Cadet and FILA Cadet. Senior, University, and FILA Junior may wear headgear but it must be removed at the opponents request unless worn for certified medical reason. **Headgear is required for all 14 & under regional and national competitions.** A facemask may be worn to protect and existing or current injury and must be done on doctors orders. Wrestlers will tape their shoelaces if the shoes have no built-in covers. The FILA approved singlet is only required at the Senior Team Trials. The two-piece uniform is **not** allowed at any USAW Developmental Age Group regional or national.)

### **Article 6 – Competitor's License**

Each wrestler in an international competition must have a valid FILA license. The license will be presented at weigh-ins and returned that day after verification. The license is only valid with a current FILA stamp and must be renewed each year.

(All wrestlers must have a current USAW membership.)

### **Article 7 – Age and Weight Categories – Competitions**

FILA uses the following age groups:

- ✓ Schoolboy/girl – under 16 (age 13 with medical certificate and parental consent)
- ✓ Cadets – under 18 (age 15 with medical certificate and parental consent)
- ✓ Juniors – under 20 (age 17 with medical certificate and parental consent)
- ✓ Seniors – 20 and older (age 18 with medical certificate and parental consent)
- ✓ Veterans – 35 and older

Age will be verified at final registration, six hours prior to weigh-ins.

At final registration the team leader will provide to the FILA Representative the wrestlers':

License

Passport

Certificate from NGB on letterhead

Wrestler may only wrestle under the nationality on their passport. Wrestlers who have changed nationalities must wait two years between international competitions.

Wrestlers may change nationality once. By participating in a FILA tournament, you grant FILA the rights to your image for use at that or future events.

(By wrestling in a USAW event you grant USAW the rights to your image. See USAW age & weight chart for US classes. For all age groups in the US, wrestlers may wrestle one class up. National Duals rules differ.) See USAW age & weight chart for domestic use.

FILA uses the following weight categories:

Schoolboys:

29-32; 35; 38; 42; 47; 53; 59; 66; 73; 73-85 kilograms (kg)

Cadets:

39-42; 46; 50; 54; 58; 63; 69; 76; 85; 85-100 kg

Juniors:

46-50; 55; 60; 66; 74; 84; 96; 96-120 kg

Seniors:

50-55; 60; 66; 74; 84; 96; 96-120 kg

FILA offers the following competitions:

Schoolboys – bilateral & regional

Cadets – bilateral, regional, Continental

Juniors – bilateral, regional, Continental, World

Seniors – bilateral, regional, Continental, World, Grand Prix, World Cup, Olympics

Veterans – various

## **Chapter 2 – Competitions and Programs**

### **Article 8 – Competition Method**

FILA use a single elimination bracket with pull through. The brackets will be a power of 2 number to fit the number of competitors. E.g. 4; 8; 16; 32 etc...

If the number of competitors falls between two brackets, there will be a qualification round to fill the smaller bracket. E.g. 18 wrestlers will have qualification bouts to fit into a 16-wrestler bracket; 42 wrestlers will fit into a 32-wrestler bracket.

Pairing is by draw number from weigh-ins.

The wrestlers who lost to the two finalists will wrestle repechage to determine placement.

Each weight will start and finish in one day.

Weigh-ins take place the day prior to competition.

If there are less than 6 competitors, a Nordic round will be used (round robin).

For USA Wrestling see event flier. States will establish their own methods.

#### Classification Criteria

From 7<sup>th</sup> place down, the wrestlers are placed according to their classification points, forfeit, injury, disqualification. In the event those points are tied the following criteria is used, in order, to break the tie.

1. Most victories by fall
2. Most Match Superiority wins
3. Most Period Superiority wins
4. Most points scored
5. Fewest points given

If still tied, the wrestlers are placed the same.

Wrestlers disqualified for brutality or unfair behaviors are eliminated and can not place. If a wrestler does not report to the mat when called, he/she will forfeit and will not place. Exception if there is a certificate from the FILA doctor.

#### Nordic Round

In a Nordic round a fall is worth only 4 classification points.

The wrestler with the most classification points wins. If there is a tie, the head-to-head result will determine the winner. If more than two are tied, the following criteria will be used to sort out the lower placers until only two remain.

1. Fewest wins by fall
2. Fewest Match Superiority wins
3. Fewest Periods Superiority wins
4. Fewest points scored
5. Most points given

### **Article 9 – Competition Programme**

The length of the Olympics, Senior and Junior World Championships will be 6 days for three styles on three mats. Depending on entries, one mat may be added or withdrawn with FILA approval.

Each session should last no more than three hours.

Each weight should wrestle on only one mat. All placement matches will take place on one mat, 1st, 2nd, 3rd.

(The program for US events will be determined by USAW and published in the event flier.)

### **Article 10 – Awards Ceremony**

The final four wrestlers in each weight shall take place in the awards ceremony and will receive a medal and diploma for their place.

1<sup>st</sup> – Gold

2<sup>nd</sup> – Silver

3<sup>rd</sup> – Bronze (2)

At World Championships, a Belt will be given.

Wrestlers who place 5<sup>th</sup>-10<sup>th</sup> will receive a diploma.

The awards ceremony is to take place after the final match in the category.

(Number and manner of awards to be determined by USAW and may differ at each event.)

## Chapter 3 – Competition Procedure

### Article 11 – Weigh In

- ✓ Final registration will take place 6 hours prior to weigh-ins.
- ✓ The final list of wrestlers will be submitted at this time.
- ✓ Weigh-ins take place the day before competition.
- ✓ Weigh-ins will last thirty (30) minutes.
- ✓ Medical exam will take place one (1) hour prior to weigh-ins.
- ✓ Wrestlers must pass the Med Check to weigh-in; Wrestlers will go to Med Check with FILA license and passport.
- ✓ Wrestlers will weigh in wearing only a competition suitable singlet.
- ✓ During weigh-ins a wrestler may get on the scale as many times as they desire.
- ✓ Weigh-ins are done by weight category.
- ✓ Wrestlers must appear at the weigh-ins in compliance with Article 5 – Dress.
- ✓ Wrestlers not in compliance will not be allowed to weigh in.

(For US events the singlet worn to weigh-ins must be an approved competition singlet without modification. No weight allowance for the singlet. For Cadet & Junior National events, multiple day weigh-ins will be used. The weigh-in may begin no more than four (4) hours prior to the start of competition. A 2-lb allowance will be given the 2<sup>nd</sup> day. For Kids regional & national events, the appropriate Council will decide how weigh-ins will work. If competing in both styles at a Kids event, athletes may weigh-in for both styles at the first weigh-in. Junior Division Regional weigh-ins may begin 3 hours prior to competition but not less than 2 hour prior, on the first day. Athletes wrestling both styles may weigh-in for both at the first weigh-in. Weigh-ins begin at the designated time and last until concluded. If the event is a qualifier for a World event then FILA rules with US modifications will be used. All athletes must be present at the designated time for weigh-ins. Each athlete is allowed two chances to weigh. The first time on the scale and a second time, if needed, on the challenge scale. Athletes may not leave the weigh-in area until done or engage in any weight reduction activity. For all National events, all divisions must weigh-in for each event, except Kids. Complete information is available from USAW. A wrestler who does not make weight or weigh-in for the 2<sup>nd</sup> day is eliminated and can not place. The brackets/pools will not be repaired, excepting the top 4. Does not apply to red medical alerts.)

### Article 12 – Drawing of Lots

After weighing in, a wrestler will draw his numbered token to determine his placement on the bracket. This number is then posted on a public notice board, the starting list and the weigh-in list.

In case of error in the procedure, the draw may be redone with FILA approval.  
(Optional for USAW events. For regional & national events the draw will be done at registration on-site or weigh-ins. If computer pairing is being used, the computers may do the draw.)

### **Article 13 – Initial Classification List**

After weigh-ins, wrestlers are regrouped according to their draw numbers and holes in the group, if any, are closed. Holes are created by wrestlers not making weight or not weighing in. The wrestlers are renumbered as needed. E.g. wrestler 2 did not weigh in; wrestler 3 is renumbered to 2.

### **Article 14 – Pairing Off**

Wrestlers are paired in draw number order and a bracket is created and posted in a public place. Each round is paired and the bracket updated and posted in a public place. The bracket shall contain all relevant information about the competition.  
(For USAW regional & national events, pairing will be done according to policies & procedures for each event.)

### **Article 15 – Elimination from Competition**

The loser of each match is eliminated and placed according to the classification points they have earned. If the loss is to one of the finalists, that wrestler will have repechage matches to determine placement.

A wrestler who does not report for their match without medical advice or advising the Secretariat is disqualified and cannot place.

A wrestler who commits brutality or violates the spirit & letter of FILA wrestling is disqualified and cannot place.

If two wrestlers are disqualified for brutality in the same match, both are gone and cannot place. The following round will not be repaired.

If the disqualification affects the finals, the bracket will be adjusted.

If a wrestler is disqualified for a doping violation, the wrestler(s) below him shall move up in placement. If the winner is disqualified, his bronze medalist will be moved up to second place. Wrestlers disqualified for doping cannot place.

(For vertically paired events, the first loss does not remove the athlete from competition. A second loss may/probably remove the athlete from competition.)

## **Chapter 4 – Officials**

### **Article 16 – Competition**

Each bout will have the following officials:

- ✓ Mat Chairman
- ✓ Referee
- ✓ Judge

Replacement of an official during a bout is forbidden except for illness.

The officials may not be of the same nationality as the other officials or wrestlers.

All decisions are best of 3 or unanimous. The officials may not use video except under challenge procedure.

A Jury of Appeal is used for major competitions.

(For US events one official may be used.)

### **Article 17 – General Duties**

Officials shall perform the duties given them by these rules and any special rules for a competition. The officials shall follow the action in each bout closely and evaluate the actions so that the score sheet reflects that bout. Each official will evaluate the bout independently and together arrive at the proper score and/or other calls. The officials will use the basic FILA vocabulary during the match and may not discuss the match with anyone outside of an official's conference.

The Mat Chairman – Responsible for the conduct of the officiating team as a whole. Casts the deciding vote if the judge and the referee do not agree on a call. Records the bout on a score sheet. In the case of the two score sheets not agreeing, the Mat Chairman's will be the true score sheet. The Chairman will sit at the score table.

The Judge - Sits on the opposite side of the Mat Chairman. Indicates his/her evaluation of the match with paddles or electronic means. Also keeps a score sheet.

The Referee – Conducts the match. Start & stops wrestling with his/her whistle. Indicates his/her evaluation of the match with appropriate hand signals.

### **Article 18 – Dress**

The FILA uniform is:

- ✓ Navy jacket with FILA patch
- ✓ Grey slacks, no cuffs with a black belt

- ✓ Light blue shirt, long or short sleeved
- ✓ Yellow tie with FILA logo
- ✓ Black socks
- ✓ Black plimsolls (shoes)

The referees may not wear a sponsor's emblem except on the number placard.

(The USWOA National Uniform is light blue polo shirt, gray pants, black belt, black socks, and black shoes. The Head Official at regional & national events may modify the uniform. States may also modify the uniform for local needs.)

### **Article 19 – The Referee**

The Referee is responsible for the orderly conduct of the match. The referee must be firm in the manner of conducting the bout, commanding respect from the wrestlers and not tolerating irregular and untimely interference. The match will start and stop on the referees whistle.

The referee will wear a Red band on his/her left wrist and a Blue band on their right. The referee will indicate the value of holds and actions utilizing the fingers on the hand with the same color as the scoring wrestler. The referee will utilize appropriate hand signals and vocabulary to indicate if holds were valid or invalid, order starting positions, etc...

Upon seeing a fall the referee will seek confirmation from the Judge or Mat Chairman before making the call. They will observe the fall then raises one hand and look at the judge to confirm the call. Then after receiving confirmation, the referee will strike the mat and blow the whistle. The referee will use a visible count for the hold down. The referee must be able to interrupt the match only as needed, not too early, not too late but at the right time. The referee will conduct the start and end of match protocols.

### **Article 20 – The Judge**

The Judge will sit on the opposite side of the mat from the Mat Chairman. He/she will follow the match closely and indicate his/her opinion on the validity of holds, value and other actions through the use of paddles or electronic scoreboard. The Judge will also record the bout on a score sheet which he/she will sign upon receiving. The judge will use the appropriate recoding symbols for tracking the bout on the score sheet. The judge may initiate a call and must call the match as he/she sees it. If the Judge and the Referee agree upon a score, that is the score.

### **Article 21 – The Mat Chairman**

The Mat Chairman is responsible for the orderly conduct of the match and the officials working the match. If the Judge and Referee do not agree on a call, the Mat Chairman will indicate his decision which will determine the call. The Mat Chairman will order the clinch holds during the bout, as needed.

The Mat Chairman may not be the first to indicate a call; he/she must wait for the Referee and Judge to make their indications first. Then the Mat Chairman will cast the deciding vote, if needed.

If the Mat Chairman observes a serious error from the Judge and Referee, he/she may stop the bout and conference with the officials. The Mat Chairman is ultimately responsible for conducting the match within the spirit and letter of the rules. Upon noticing that a coach has challenged a call, the Chairman will stop the match and start the review process.

### **Article 22– The Jury of Appeal**

There shall be a Jury of Appeal consisting of 3 people. One will be the Coordinator, who will speak for the Jury. They shall review the official video upon request of the Mat Chairman. In the event of serious misconduct they may initiate a review themselves. If the Mat Chairman disagrees with the Referee & Judge, he may appeal to the Jury. A majority vote of the Officiating will be the result of the match  
(USAW procedures may be different)

### **Article 23 – Penalties against the Officials**

The FILA Bureau may discipline officials at fault with the following measures:

1. Give the official a caution
2. Withdraw the official from the event
3. Demote to official to a lower category
4. Order a temporary suspension
5. Order a final dismissal

The FILA Bureau is the final authority in these matters.

## **Chapter 5 – The Bout**

### **Article 24 – Duration of the Bouts**

A bout consists of three periods. Each period will last two minutes. A winner will be declared for each period. The third period will not be wrestled if one wrestler has won the first two periods. A fall ends the match. In the case of a 0-0 tie in Freestyle, a 30-second ordered hold will occur to determine the period winner.

The electronic scoreboard will count up and must display a colored light (red/blue) to indicate the winner of each period. The score for each period will remain posted.

### **Article 25 – Call**

Wrestlers are called to the mat in a loud, clear voice (PA system). The call is done at 30-second intervals three times. If the wrestler has not reported to the mat in that time, they will default the match and can not place. The calls will be in French and English. Wrestler may have a 15-minute rest between matches.

(For USAW events, English only.)

### **Article 26 – Presentation of Wrestlers**

For the finals match the wrestlers and their coaches will be presented by the announcer. The officiating team for that match will also be presented.

(Not applicable for USAW events.)

### **Article 27 – Start**

Each wrestler will stand in their corner (red/blue) when their name is called.

The referee will then call them to the center of the mat. The referee will shake their hands and conduct his/her exam. The referee will check for a handkerchief, make sure the wrestlers are clean and dry, and comply with the dress rules. Then the wrestlers will shake hands. When the referee blows the whistle, wrestling will start.

(Wrestler must report dressed and ready to wrestle. May not change mat side.)

### **Article 28 – Interrupting the Bout**

A wrestler may request injury time (IAW Art. 58). During this time the wrestlers may stand in their corners and receive advice. No Fluids.

(For Juniors and below fluids and/or medications may be given.) (Injury time is 2 minutes, total.)

The FILA doctor will determine if the injured wrestler may continue.

The Mat Chairman may stop the bout for a serious error.

If the bout is stopped because one wrestler deliberately injured the other, that wrestler will be eliminated and the injured wrestler will win.

Wrestlers may not release their opponents or drag them back to the center.

(Blood Rule – A match must be stopped when a contestant is bleeding. If the bleeding can not be stopped, the wrestler will default. Blood time is a maximum of five (5) minutes. The match can not resume until cleanup is complete, mat and wrestlers.)

### **Article 29 – End of the Bout**

The bout ends with a fall, default, disqualification or end of time.

A period ends when:

- ✓ A 6-point difference (Technical Superiority)
- ✓ A 5-point throw (In regulation, allow for fall)
- ✓ 2 3-point throws (“ ”)
- ✓ Time expires

All scoring actions must be complete before time expires to be valid.

To win the match by Superiority, a wrestler must win two periods by superiority.

To end the bout, the wrestlers return to center and shake hands. The referee will raise the hand of the winner and the wrestlers will then shake the referee's hand. Then the wrestlers will go shake the hand of the opposing coach. Failure to follow this protocol may result in disciplinary action.

### **Article 30 – Stopping and Continuing the Bout**

When wrestling stops, it will restart in the standing position.

Wrestling will stop when:

- One foot steps out of bounds
- The wrestlers enter the zone with 3 or 4 feet with no action

If the defensive wrestler commits an illegal act (in par terre), he/she will be cautioned and placed in par terre position.

If, during a clinch hold, the wrestler return to standing and one prevents the attack of the other, it will be a caution and point(s) to the attacker. Wrestling will remain in the standing position for the rest of the clinch. The bout will stop for a coaches challenge.

### **Article 31 – Extra Time (Freestyle & Female)**

If a period ends in a 0-0 tie, an ordered hold (Art. 49) will be used. The extra time period is 30-seconds.

### **Article 32 – Types of Victory**

A bout may be won by:

- ✓ Fall
- ✓ Injury, default, disqualification, withdrawal
- ✓ Technical superiority
- ✓ Winning 2 of the 3 periods

A period may be won by:

- ✓ A 5-point throw
- ✓ 2 3-point throws
- ✓ Points

In the event of a tie score, the following tiebreakers are used:

- ✓ Fewest cautions
- ✓ Highest value hold
- ✓ Most holds of the same value
- ✓ Last to score

If the points are tied because of an instant fall situation (2-2), the attacking wrestler will win.

A wrestler who receives three cautions during the bout is disqualified.

The first wrestler to score in extra time will be the winner.

### **Article 33 – The Coach**

The coach may be at the foot of the platform or in his corner, at least 2 meters from the mat.

The coach may only speak to his wrestler. He is forbidden to influence or insult the officials.

The coach may not give fluids or any other substance to his/her wrestler during the bout.

If the coach does not obey the rules, the referee will ask for a Yellow card. If the coach continues with the misbehavior, the Mat Chairman will present a Red card.

The Mat Chairman may issue a red or yellow card on his own.

- ✓ Yellow = caution
- ✓ Red = elimination

When a red card is given, the Mat Chairman reports it to the tournament director and the coach is removed for the duration. The team may acquire another coach. The National Federation of the coach will be penalized within the rules.

The coach may, on behalf of his/her wrestler, ask for a video review of a call once per match. The coach will do this by raising a white card issued for that purpose. If the call is changed, the right to appeal remains.

(A wrestler may have no more than 2 coaches in his/her corner. For Kids & Cadet Regionals, and Kids Nationals; coaches must be at least Copper qualified. For Junior regionals and Cadet, FILA Cadet and Junior Nationals; coaches must be Bronze qualified.)

### **Article 34 - The Challenge**

If a coach disagrees with the officials' decision, he may challenge by tossing the challenge item onto the mat. If the wrestler disagrees, the match continues, The review process will be conducted. If the challenge was successful, the coach may challenge again. If the challenge is not successful, no further challenges may be made during that match and 1 point will be given to the opponent. The challenge must be made from the coach's' position and he/she may not approach the mat or officials. It is not possible to withdraw a challenge or counter-challenge.

### **Article 35 – Team Ranking during Individual Competitions**

The team classification is by the placement of the top ten wrestlers in each weight. If teams are tied on points, the team with the most 1<sup>st</sup> placers places higher, etc....

<b>Place – Points</b>	<b>Place - Points</b>
1st - 10	7 <sup>th</sup> - 4
2nd - 9	8 <sup>th</sup> - 3

3rd - 8            9<sup>th</sup> - 2  
5th - 6            10<sup>th</sup> - 1

### **Article 36 – Ranking System during Team Competitions**

Each team will have 7 weight classes, exceptions allowed for higher number of classes. Teams may use different wrestlers in each meet, provided they have weighed in. If doing home-away meets, a winner must be declared for each match. Each bout win is worth 1 point. Most points wins the match. Tiebreakers must be decided prior to wrestling. The following are the tiebreakers:

- a) Wrestle a third meet
- b) Use the following criteria
  - ✓ Most victories (total of the two matches)
  - ✓ Most 5-point victories
  - ✓ Most match superiority wins
  - ✓ Most periods wins by superiority
  - ✓ Most points scored
  - ✓ Fewest points given

For competitions with more than two teams the same system is used.

If two teams are tied for team points, the head-to-head match will prevail. In the event of a split (home-away) the criteria will be used.

If three teams are tied, the 3<sup>rd</sup> place team will be sorted out using the following criteria:

- ✓ Fewest 5-point wins
- ✓ Fewest match superiority wins
- ✓ Fewest period superiority wins
- ✓ Fewest point scored
- ✓ Most points given

[\(USAW has special policies and rules for regional and National dual team events.\)](#)

## **Chapter 6 – Points for Actions and Holds**

### **Article 37 – Evaluation of the Importance of the Action or Hold**

A wrestler who attempts an action or hold and winds up down on the mat, without action from the attacked wrestler, shall continue wrestling without penalty. The attacked wrestler will not score.

If an attacked wrestler counter-attacks, he/she may score off of the attack of their opponent.

An attacked wrestler may score if, by their action they have:

- ✓ Brought the opponent to the ground
- ✓ Conducted continuous action
- ✓ Blocked the attacking wrestler and controlled them

The referee will wait until an action is complete before awarding points. In case of continuing action, all holds must be scored. There is no “instant fall”. If a wrestler is placed in the fall position by his/her opponent, it will be worth 3 points. If a wrestler places themselves in the fall position, it will be two points to the opponent. Rolling from shoulder to shoulder or using the elbows to bridge is considered one action. A hold is not finished until the wrestlers return to their initial position.

The referee will indicate his/her points and the judge will indicate his/her also. In case of disagreement, the Mat Chairman will select one of the two scores indicated as the correct score. The Chairman may not give a different opinion. The end of regulation time is determined by the gong, not the whistle. To be valid, a hold or action must be complete before the sound of the gong.

### **Article 38 – Danger Position**

The danger position is when the back is exposed to the mat, at an angle of less than 90 degrees. If something from elbow to elbow is in contact with the mat and the angle of the back to the mat is less than 90 degrees, it is the danger position.

### **Article 39 – Recording the Points**

The judge will record the scoring of the bout on a score sheet. The action/hold that causes the fall will be circled. Cautions are indicated by a (O) on the score sheet. The opponent will receive 1 or 2 points for each caution.

### **Article 40 – High Amplitude Throw**

A throw from the standing position is considered to be “High Amplitude” when it causes the opponent to lose contact with the mat, describe a broad arc in flight and lands in the danger position. From the mat the throw is “High Amplitude” when it causes the opponent to lose contact with the mat. If the attacking wrestler places both of his/her own shoulders on the mat, it will be two points for the opponent and the attacking wrestler will score the original throw.

### **Article 41 – Value Assigned to Actions and Holds**

One point for:

- ✓ Takedown
- ✓ Correct hold/throw/technique
- ✓ Reversal
- ✓ Cautions that do not prevent a score
- ✓ The opponent steps out of bounds
- ✓ Injury time without bleeding ([USAW Age group events- no point](#))
- ✓ When the opponent fails to score from the offensive position in an ordered hold

Two points for:

- ✓ Placing the opponent in a danger position from par terre
- ✓ Cautions that prevent a score
- ✓ Blocking an attacking wrestler in the danger position
- ✓ The opponent placing themselves in an instant fall position

Three points for:

- ✓ Feet to back throw from standing
- ✓ Par terre throw with minimal contact on the mat
- ✓ Grand Amplitude throws that do not land in the danger position

Five points for:

- ✓ Grand Amplitude throws that land in the danger position

### **Article 42 – Decision and Vote**

The referee will indicate the value of holds/action using hand signals.

The judge will indicate using paddles, bats, and electronic displays. The judge must indicate on all calls.

The Mat Chairman will indicate using the same means as the judge, when needed. If there is a difference in the judge's and the Mat Chairman's score sheets, the Mat Chairman's is official.

(For Juniors & below, the Mat Chairman may call a conference if an error has been made, even if the referee & judge have agreed.)

### **Article 43 – Decision Table**

Two of the three officials must agree on the value.

If the referee and the judge agree, the Mat Chairman may not intervene.

In case of gross error, the Mat Chairman may call for a conference.

Each period starts at zero points for each wrestler.

## **Chapter 7 – Classification Points Awarded After a Bout**

### **Article 44 – Classification Points**

Classification points determine the placement of wrestlers in a competition.

Winners receive:

- ✓ 5 points for; fall, default, DQ, withdrawal
- ✓ 4 points for technical superiority win (2 periods won by 6+ points, 5-point action, 2 3-point actions)
- ✓ 3 points for bout win

(For Cadet & Junior nationals, if a wrestler is eliminated for failing to weigh-in/make weight.)

Losers receive:

- ✓ 0 points if they did not score or were lost by fall
- ✓ 1 point if they scored

If both wrestlers are disqualified for violation of the rules, they will receive 0 points.

### **Article 45 – The Fall**

When the shoulders are held to the mat long enough for the referee to see the fall, it is a fall. The shoulders must be inside the line. If a wrestler is pinned as a result of his/her illegal action, the pin is valid.

The referee will observe the fall and ask for confirmation from the judge and/or Mat Chairman. The fall is not valid until confirmation is given. If the referee does not see the fall but the judge and Mat Chairman do, they may award the fall.

(For Kids division, a fall is two (2) seconds.)

### **Article 46 – Technical Superiority**

The period will be stopped when, at the end of action, there is:

- ✓ A difference of 6 points or more
- ✓ A 5-point throw
- ✓ 2, 3-point throws

The Mat Chairman will inform the referee and the period/match will be stopped.

The bout is won by technical superiority when 2 periods are won in this manner.

## **Chapter 8 – Negative Wrestling**

### **Article 47 – “Par Terre” position during the Bout**

When wrestling goes to the mat it is in the “par terre” position. The down wrestler may defend his position, attempt to escape, attempt to reverse. If, after a period of time, there is no action the wrestlers will be returned to the standing position. The top wrestler may not release the bottom wrestler or request that the match be restarted in the standing position.

The par terre starting position is as follows:

Bottom wrestler: on hands and knees. Arms and legs straight down to the mat. Hands about shoulder-width apart; knees about hip-width apart, in the center of the mat.

Top wrestler: hands on the back of the bottom wrestler. May stand or have a knee down.

### **Article 48 – Red Zone**

The red zone is the outer 1-meter of the wrestling area. Holds ending in the red zone are valid. The referee shall call "Zone" when a wrestler steps into the red zone.

If the wrestlers enter the red zone with 3 or 4 feet and no action, stop the match and put them back in the center. If there are only 2 feet in the zone, actions/holds may be attempted.

A hold/action started in the central area may finish anywhere.

Falls are not valid in the protection area.

For practical purposes, the red zone disappears for par terre wrestling. Wrestling may continue as long as the head & shoulders of the defending wrestler are inbounds.

If a wrestler under attack steps into the protection area, allow the attack to finish. If the attack scored, Award the point(s) for the action/hold. If the attack fails, award 1 point to the attacking wrestler.

### **Article 49 – Ordered Hold**

Freestyle and Greco-Roman have different ordered holds.

For Freestyle the hold (clinch) is ordered when a period ends in a 0-0 tie. The time for this hold is 30-seconds. The first wrestler to score will win the period. The offensive position goes to the winner of the disc flip.

The offensive wrestler will choose which leg the defender must place in the center of the mat. The offensive wrestler will then take a head-outside single-leg hold on the thigh. The defender may place both hands on the shoulders of the offensive wrestler. When the position is correct, the referee will blow the whistle to start the period. The offensive wrestler has 30-seconds to score or the defender will be awarded 1-point. Wrestling will take place as normal.

For Greco-Roman the ordered hold (clinch) will occur at the 90-second mark in the period. If a wrestler is in the danger position at this time, wrestling will not stop and the ordered hold will not occur.

For all periods the wrestler with the most points in the period will take the clinch. If the points are tied, fewest cautions, high value holds, last to score will determine who takes the clinch. If the score is 0 – 0 Red will take the clinch in the 1<sup>st</sup>, Blue for the 2<sup>nd</sup>.

If the 1<sup>st</sup> period ends by tech before the ordered hold and the score is 0 – 0 in the 2<sup>nd</sup>, Blue will take the clinch.

For the 3<sup>rd</sup> period, if the score is tied (0-0), the wrestler with the most points from the first 2 periods will have choice of position for the clinch. If most points are a tie, fewest cautions, high value holds will break the tie. If still tied, a draw shall be used. If the score is tied on points (not 0-0), fewest cautions, high value holds, last to score will be used.

In all cases, if the score was 0 – 0 the clinching wrestler must score or they give 1 point and the period/match to the opponent. The wrestler taking the clinch may use the clinch position or the par terre position. When using the par terre position, one knee must be on the mat with the hands on the shoulders. Once the ordered hold has started, wrestling takes place as normal. (For Kids groups, the top wrestler must have both knees on the mat.; In the US, a draw is a disc toss.)

Special Conditions:

1<sup>st</sup> refusal by top – ATTENTION

2<sup>nd</sup> refusal by top – 1-point to the down wrestler. Loss of hold. Top must still score or 1-point to down.

1<sup>st</sup> refusal by bottom – ATTENTION

2<sup>nd</sup> refusal by bottom – Caution + 2 points for top. Remain in hold.

Top lifts bottom and carries to protection area (no contact with mat for bottom); caution to top and 1-pt to bottom.

If wrestling come to the feet, the rest of the time will be as normal.

## **Chapter 9 – Prohibitions and Illegal Holds**

### **Article 50 – General Prohibitions**

Wrestlers may not:

- ✓ Talk during the match
- ✓ Fix the match
- ✓ Pull hair, ears, genitals, bite, twist or anything that would torture the opponent
- ✓ Kick, head butt, strangle, endanger life or limb step on the foot (feet) or touch the face
- ✓ Grab the mat
- ✓ Strike with the knee or elbow into the abdomen, grab the singlet, twist limbs grab the sole of the foot

### **Article 51 – Fleeing a Hold**

Wrestlers, who openly avoid contact to prevent an action/hold, wherever on the mat, are fleeing. Fleeing is a caution + 1-point to the opponent. It can occur in standing or par terre positions.

In Greco, a wrestler who “leaps” forward from the par terre start is fleeing the hold. The 1<sup>st</sup> time it occurs; ATTENTION, NO JUMP. The 2<sup>nd</sup> time; caution + 1 point to the opponent. Start in the standing position.

### Article 52 – Fleeing the Mat

Fleeing the mat involves stepping into the protection area to avoid wrestling. It is a caution +1-point to the opponent. Fleeing the mat in a danger position is a caution + 2-points to the opponent.

Stepping into the protection area will give 1-point to the opponent.

Lifting and carrying an opponent to the protection area is a caution on the lifting wrestler with 1-point to the opponent.

### Article 53 – Illegal Holds

The following holds are illegal and may not be used:

- ✓ Throat holds
- ✓ twisting of the arm more than 90 degrees
- ✓ arm lock on the forearm
- ✓ holding the head/neck with two hands
- ✓ hammerlock, other than at a 90 degree angle
- ✓ full nelson unless applied from the side
- ✓ stretching the spine
- ✓ pile drivers
- ✓ lifting to break a bridge or pushing into the bridge

(Kids Division – Illegal holds:

- Straight back souplesse or salto
- Slam
- Full nelson
- ¾ nelson with leg hook
- Cross-chest cradle, West Point ride, Colorado or Iron Cross
- Double arm bar with sitout (double chicken wing)
- Neck wrench )

The basic penalty for an offensive wrestler is loss of position and a return to the standing position for a violation.

If the defensive wrestler violates the rules the penalty will be a caution + 1 or 2 points. It is a 1 point penalty if the offensive wrestler scores, 2 points if they do not score.

Wrestling will resume in the standing position if it was a 1-point caution and in the position it was stopped if it was a 2-point caution.

(A wrestler hurt by an illegal hold that can not continue will win by default, 5-0)

Prohibited Holds for the Schoolboy and Cadet Categories

- ✓ Double (full) nelson
  - ✓ ¾ nelson with leg hook
- (Includes Cadet & FILA Cadets)

- ✓ Prohibited holds for Female wrestling
- ✓ Full nelson

### **Article 54 – Special Prohibitions**

In Greco-Roman wrestling, the legs may not be used offensively and you may not attack the opponent below the hips.

In Greco-Roman you must accompany the opponent to the mat and remain in contact for the action to be valid.

In Freestyle, the straight scissors is forbidden.

### **Article 55 – Consequences Affecting the Bout**

The referee must determine if it is safe for an attacking wrestler to continue when his/her opponent uses an illegal hold. If possible, break the illegal hold and allow wrestling to continue. Wait for the action to finish then stop the match and award the caution + 1, the points for the action and restart in the standing position. If the illegal hold prevents the attack from developing then it is a caution + 2 points and restart in the same position that the wrestling stopped.

If the attacking wrestler starts with a legal hold that then becomes illegal, score the action up to the point where the hold became illegal. Then restart in the standing position after a friendly attention. If the attacking wrestler again uses an illegal hold, it will be a caution + 1.

If a wrestler head butts or commit any act of brutality they will be immediately eliminated, by unanimous decision of the officiating team, an unable to place.  
(A wrestler may be disqualified from the match, for brutality, by majority of the officials. For a tournament disqualification, the officials must be unanimous. Tournament disqualifications are reviewed by the protest committee.)

## **Chapter 10 – The Protest**

### **Article 56 – The Protest**

There is no protest. Only the result of the bout counts. There will be no change to the results of a bout after a winner has been declared on the mat.

The FILA may review video to determine if sanctions against the officials are required.

(If video review is being used there is no protest. A protest may be filed when there is no video review and a flagrant violation of the rules or an irregular situation occurs. The Mat Chairman must be notified at the end of the match that a protest will be filed. The protest must be filed within 30 minutes of the end of the bout. The protest must be filed on the official form which is available from the Chief Pairing Master. The protest, along with the fee of \$100, must be filed with the Chief Pairing Master within the time limit. If the protest is upheld, the fee will be returned. A protest may not be filed when:

- ✓ It concerns the officials' judgment
- ✓ It concerns the disqualification of one or both wrestlers for brutality, cautions or violations
- ✓ It concerns a period where a fall has been called and confirmed unless the match should have stopped prior to the fall
- ✓ The outcome of the protest will not change the results
- ✓ A protest may be filed when:
  - ✓ There has been a flagrant violation of the rules
  - ✓ There was a timing error and the score changed during that time
  - ✓ Two wrestlers fixed the match
  - ✓ The Mat Chairman changes the decision of the judge and referee
  - ✓ Points are entered in inverse order on the judge's and Mat Chairman's score sheets, by error
  - ✓ Points awarded by majority decision are not entered on the score sheets, by error

If a protest is accepted, it shall be examined by the protest committee. Once a decision is reached, the filing party will be notified, in writing, of the result. If the protest was upheld, the other party shall also receive a copy of the written ruling. A protest may only be filed at the end of a match, whether for a period or the match. If the committee can not decide on a clear winner for the period under protest, that period will be wrestled after a 15-minute rest. The result of the wrestled period will be final for that period. This period may now be considered in determining the outcome of the match. Questions regarding errors in recording or pairing are to be addressed to the Chief Pairing Master and are not considered a protest. Video may not be used in the protest except for official USAW video. Disqualifications for brutality or flagrant misconduct are automatically reviewed by the committee.)

## **Chapter 11 – Medical**

### **Article 57 – Medical Service**

Wrestler must have a medical check-up three (3) days prior to departure for a World Championship, World Cup, and Olympic Games. The organizer is responsible for arranging medical coverage for weigh-ins and the competition. The FILA shall appoint the Doctor in Charge for the competition. The medical service will conduct the medical exam at weigh-ins and provide coverage of the competition on the mats in case of injury

or accident. Only the competition doctors may determine if an athlete may continue after injury.

Team doctors are allowed to treat their teams. Only a coach or team officer may be with the doctor during treatment on the mat.

[\(Medical services are described in the flier for each USAW event.\)](#)

### **Article 58 – Medical Service Involvement**

The FILA doctor has the right and duty to stop a match, through the Mat Chairman, if either wrestler is in danger. The FILA doctor may also stop a match by declaring a wrestler unfit to continue.

Wrestlers may not leave the mat except for injuries requiring removal.

In the case of a wrestler being injured, the referee must ask for the doctor immediately. If there is no bleeding or the injury is not visible, it will be a caution + 1 to the injured wrestler.

The FILA doctor may take all the time he/she deems necessary to treat the wrestler. The team doctor may advise on treatment of his/her teams' wrestlers. Only the FILA doctor may determine if the wrestler may continue or not.

If there is no official doctor, the referee may grant injury time, not to exceed two (2) minutes during the match. The number of timeouts is left to the official but the total time will not exceed two minutes. The timekeeper will announce the time in 30-second intervals. The referee will invite the wrestler to return to the center 10-seconds prior to the 2-minute mark.

The doctor deciding that a wrestler cannot continue may not be involved in the weight class or the same nationality as the injured wrestler.

[\(Medical services are described in the flier for each USAW event.\)](#)

### **Article 59 – Doping**

FILA reserves the right to conduct drug testing, in compliance with its constitution and as a signatory to the WADA and IOC drug guidelines.

Refusal to test will result in immediate elimination from the competition.

A certified FILA doctor, in the presence of a team official, will take the sample.

The FILA Medical Commission will determine the time, place, and number of tests to be administered.

If the sampling is not carried out under the guidelines, the sample will be void.

If a sanction is given, the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland will determine all appeals.

## **Chapter 12 – Application of Wrestling Rules**

These rules supersede all previous editions.

The FILA Executive Bureau shall interpret the rules. In the events of a dispute, only the French text is valid.

The National Federations must translate these rules into their language.

Each official at a competition must have a copy of the rules in his/her own language and one of the FILA languages, French or English.

