

THE ULTIMATE GOAL OF WRESTLING IS TO DEMONSTRATE CONTROL OVER YOUR OPPONENT.

3 WAYS TO WIN

1 FALL

2 POINTS

3 TECHNICAL SUPERIORITY

FREESTYLE ♂♀

In **Freestyle** wrestling it is permissible to grasp the legs of the opponent, to trip the opponent and to use the legs in the execution of any action.

WRESTLING STYLES

GRECO ROMAN ♂

In **Greco-Roman** wrestling it is forbidden to intentionally grasp the opponent below the hips, to trip the opponent or to use the legs actively in executing any action.

HOW TO SCORE POINTS (THE BASICS)

Points are awarded for various takedowns and holds, depending on the level of control during the execution of the move, or the difficulty of the move.

REVERSAL or force opponent OUT OF BOUNDS	1 POINT
TAKEDOWN without putting opponent in the 'Danger Position'	2 POINTS
TAKEDOWN or THROW opponent to the 'Danger Position'	4 POINTS
GRAND AMPLITUDE THROW	5 POINTS

In the case of a **TIE BY POINTS**, the winner will be declared by considering (in rank order):

1. HIGHEST VALUE OF HOLDS

2. LEAST AMOUNT OF CAUTIONS

3. LAST TECHNICAL POINT(S) SCORED

3 TECHNICAL SUPERIORITY

A match ends any time a wrestler is ahead by **10 POINTS (Freestyle)** or **8 POINTS (Greco)**

PASSIVITY & ACTIVITY PERIOD:

Where a wrestler is deemed to be passive by the referee an initial warning is given. If the wrestler continues to be passive, a 30-second activity period is issued to the passive wrestler. If either wrestler scores, the activity period is cancelled. If neither wrestler scores within the 30 seconds, one technical point will be awarded to the opponent of the passive wrestler.

THE CHALLENGE:



The challenge is requested in case of a disagreement with a referee's call and is conducted by video replay.

CAUTIONS

When a **CAUTION** is given to a wrestler, their opponent is awarded **1 POINT (Freestyle)** & **2 POINTS (Greco-Roman)**.

If a wrestler receives **3 CAUTIONS** in a match, their **OPPONENT WINS**. Cautions can be given for fleeing a hold or the mat, or applying an illegal hold.

WHAT'S IN A MATCH?



2X 3 MINUTE PERIODS
+ 30 SECOND INTERVAL

OFFICIALS

REFEREE

The referee stands with the athletes on the mat and is responsible for starting and stopping the match and awarding points.

JUDGE

The judge verifies the points that the referee awards.

CHAIRMAN

Steps in when the Referee and Judge disagree on whether to award points.

TERMINOLOGY

Neutral Position	Standing position, knees bent, facing opponent.
Danger Position	Back exposed to the mat.
Out of Bounds	Any body part outside the ring.
Hold	A position that controls opponent's movements.

Reversal When the dominated wrestler gains control of their opponent.

Par Terre A starting position where hands and knees are on the floor.