

Freestyle/Greco-Roman Rules

March 3, 2008

These freestyle and Greco-Roman rules interpretations were written by R.E. Hartley with explanations/corrections provided by Dr. Wayne Edkin (*in bold italic*). Dr. Edkin's assistance was greatly appreciated and he is not responsible for errors or misinterpretations I may have made or mistakes I made in typing his thoughts.

These rules may be modified by the officials at today's clinic. We will do our best to be consistent – to make sure that all the officials are calling things the same way today. Freestyle and Greco rules are constantly being revised/modified/perfected.

The rules in use at today's tournament may (and probably will!) be changed slightly at the next tournament you wrestle in. It is important to always attend the clinics given before each tournament so you know how situations will be called.

A Match:

A match ends when:

1. a fall occurs or there is a forfeit, injury default, disqualification
2. a wrestler wins two of the three periods

A Period:

A period ends when:

1. a wrestler scores a five-point throw
2. a wrestler scores two three-point throws (a wrestler could have fewer points than his opponent but still win the period)
 - (a) *The official must blow the whistle immediately if the opponent overcomes (scores). You can't lose a period after a 5 point throw or after two 3 point throws (except for disqualification).*
 - (b) *The official must wait before he/she blows the whistle if the wrestler who was thrown is on his back and there is time remaining on the clock.*
3. There is a six point difference in the score.
 - (A) There can be a "continuation". e.g. red is up by four points, red throws blue for three (and it's not his second 3-point throw) and immediately gets rolled through with blue scoring 2. For an instant red had a six point advantage – but he lost it. Wrestling continues.
 - (B) There is no continuation if there is a pause in the action. e.g. red is up by four, red turns blue for 2 and holds him for a five-count. Blue can not roll red through and get 2 points. There was a pause in the action.
4. two minutes are up and a score has occurred
5. Overtime has been wrestled.

Tie-Breakers (to determine the winner if the score is tied at the end of the period):

1. If a wrestler has fewer cautions than his/her opponent – he/she wins.
2. The wrestler with the highest value of scoring moves wins. (The score is tied at 6. Red's score is 2-2-1-1. Blue's score is 3-1-1-1. Blue wins.)
3. The wrestler who scores last wins. In a 2-2 scoring situation – the attacking wrestler gets credit for the last score (regardless of who actually scored last)

Overtime:

Freestyle: The regulation period ended with the score 0-0.

1. A coin toss will determine which wrestler "clinches".
2. The wrestler who "wins" the coin toss points to the leg he wishes to lock on.
 - (a) Any lock is permissible –
 - (b) Lock must be somewhat behind the knee
 - (c) Head must be to the outside – not in chest
 - (d) No ballistic/running start.

Overtime (continued):

3. The wrestler who is being single-legged must present the leg to his opponent.
 - (a) He has to make it available – it doesn't have to be way out in front. It can't be behind the other leg. The leg to be "clinched" should be in the starting circle and the other leg outside the circle.
 - (b) He is to place his hands on his opponent's shoulders – no where else
He may place his hands on his opponent – but only within the pinning area of the back. He is not required to touch his opponent and the official must not wait for him to do so. Caution officials to not be the cause of false starts. Make requirements clear and then go right to the penalty. Do not overly correct wrestlers or beg them to get in proper position.
4. Scoring is easier than in regulation time. (Points are awarded more liberally.) Sitting your opponent to his hip = 1 point. *Unless the action going to the mat is clearly initiated and controlled by the wrestler whose leg is secured. If that is the case, the referee will wait to see if a scoring action results. A wrestler going to his hip does not result in a takedown as automatically as last year.*
5. As soon as there is a score – the 30-second overtime period is over. There can not be a fall in overtime.
6. If no points are scored in the 30-second overtime – one point (no caution) to the defensive wrestler.
7. False starts/improper position (either wrestler):
 - 1st occurrence = "Attention"
 - 2nd occurrence = caution + one point to your opponent

The referee must signal the offending wrestler with the appropriate color. The judge will signal agreement or disagreement to the chair who may be required to vote or hold a quick conference. The process must not unnecessarily slow down the flow of the bout but is intended to sort out disagreements regarding who the offending wrestler may be. (See additional comments on this issue in the Greco-Roman section.)

Limitations on scoring moves:

No limit to consecutive gut wrenches or laced ankles.

Illegal Holds (Prohibited holds) – a partial list:

Head locks without the arm (including guillotines and reaching back with both hands encircling opponent's head from sit-out position).

Chokes

Taking an limb beyond its normal range of motion

Lifting an opponent who is in a bridge and forcing him back down.

Three-quarter nelsons

Figure-fours or scissors of the head or body

Touching opponent's face between the eyebrows and the line of the mouth

Brutality – intent to injure

Illegal hold = caution + one point to opponent; illegal hold that prevents a score = caution + two points to opponent.

Illegal holds are not illegal by application. Often the punishment for the offensive wrestler is not a caution but loss of position (e.g. using your head in the side of your opponent in order to lock-up a near cradle, shooting a double leg in Greco, etc.). Repeatedly committing these actions will result in a caution and a point for your opponent. Prohibited actions can also be regarded as having no consequence – they accomplished nothing – no penalty assessed.

Cadets: Full nelsons – even from the side.

Kids:

Full, straight-back souplesse from a rear standing position, or the straight-back salto to the head
 Slam - lifting and returning an opponent to the mat with unnecessary force
 Cross-chest cradle, West Point ride, Colorado or Iron Cross
 Double arm bar with sit-out
 Neck wrench

Kids can score five point moves but they are still responsible for their opponent's safe return to the mat. Slams are called in kids wrestling the same as they are in high school.

In kids wrestling – falls are two seconds. In Cadet, Junior and Senior bouts, there is no such thing as a “touch fall”. All falls require control. Rolling actions are not falls.

Step-out Point:

If the wrestlers are in standing position and they step out-of-bounds – the wrestler who stepped out first gives up a point to his/her opponent.

If the wrestlers are in par terre and they go out-of-bounds – no step-out point is awarded.

If one wrestler is in par terre – both wrestlers are considered to be in par terre as far as the step-out point is concerned.

While you can push your opponent out-of-bounds (like in Summo wrestling) you can't go charging at your opponent from ten feet away to drive him out. That could result in a caution for brutality against the charger and one point for his opponent.

The official should not blow the whistle the instant a wrestler steps out-of-bounds. He should wait if a move is in progress. If a move/throw is in progress and the attacking wrestler steps out-of-bounds then completes the move – the move is scored and no step-out point awarded.

If an action starts on the feet and ends up in the protection area, a step-out point may be awarded even if the wrestler who goes out first drops to one or both knees just before he leaves the wrestling area.

Miscellaneous:

Counter action – you take offensive wrestler in a direction he didn't want to go.

You can not score on a counter out-of-bounds.

Handkerchiefs:

You don't have to show the official your handkerchief. Officials are supposed to ask the wrestlers if they have one. If the wrestler says “Yes” – the official starts the bout. If the wrestler says “No” – the official is supposed to direct the wrestler to get one. ***No one has been asked at any of the events I've been to lately (Military World & Dave Schultz International)***

I don't want to reward a wrestler who lies and says he has a handkerchief when he/she doesn't. Nor do I want to punish a wrestler who admits that he/she doesn't have one by having them go get one. I'm not going to ask you if you have a handkerchief (but you should have one).

Fleeing the Hold - If you hear the official saying “Contact Red” or “Contact Blue” - a wrestler is about to be penalized for fleeing the hold. Wrestling will not stop but the offending wrestler will be getting a caution and his opponent will be awarded a point.

These calls are rare, but when they occur, they are made with some time left on the clock for the offending wrestler to make up for the new and significant deficit. At the Military Worlds, in freestyle, we tried to get this call made with at least 45 seconds left. We still blow the whistle and announce a caution. In practice, if the caution is not announced (with the bout stopped) the offending wrestler can not score. Where time is running out, an official may blow the whistle as soon as he signals the caution and point. If it is not confirmed – no harm is done. If he waits for the confirmation – time may run too low. Fleeing the hold in par terre was called at the Schultz when the bottom wrestler refused to open. Once this call was made a few times, the coaches and athletes really changed their approach and closed unresponsiveness from the bottom wrestlers stopped.

Always, always, always - listen to what the official is saying. Sometimes - do what he says. If you hear him directing you “Contact Blue” - you may want to take hold to avoid being given a caution and having you opponent get one point. On the other hand, you may prefer to give up the caution and point if you are winning by three or four points, you don't have any cautions, and there are ten seconds on the clock.

If the wrestler who was penalized only scores a takedown and the period ends 1-1: the penalized wrestler still loses (the caution takes precedence over the last point scored).

Fleeing the hold – some thoughts for officials:

If there is a period in which the score is zero-zero and the period is half over. Look for a caution + one point for fleeing the hold. If you make the call with half of the period left – you have not taken the period (and perhaps the bout) away from the wrestlers you penalized. He still has an opportunity to score and win the period (and perhaps the bout). If you call a wrestler for fleeing the hold with only 15 or twenty seconds left – you have taken the period away from him.

If all a wrestler is doing is blocking and backing up – he is not “in contact”. Don't wait for confirmation to blow the whistle and ask for confirmation – that will take more time away from the wrestler who gets penalized. If you don't get confirmation – at least the passive wrestler will get the message that you are looking at his failure to actively wrestle.

Greco-Roman:

You may not use your legs offensively or defensively (you are not permitted to grab or hold your opponent's leg or legs to score or to prevent a score). BUT – you can't cut your legs off – there will be incidental contact. The officials aren't in a contest to see who can penalize the most leg fouls. If a prohibited action is of consequence – then it should be penalized. In some situations, it takes very little contact to prevent a score. ***Leg contact is not a foul unless it produces a consequence in the bout.***

In Greco – you must maintain contact with your opponent to score points. If you take your opponent off the mat, throw him so that his hips are above yours, his legs make an arcing motion through the air, and he lands on his back - in freestyle that earns you 5 points. In Greco you do not score 5 points (or 4, or 3, or 2) The official probably would award you 1 point for appreciation.

Emphasis is on risk taking.

Pushing your opponent to his back from standing without contact being maintained = 0 points.

If the official sees a leg foul – he will point to it, hold out his hand calling for the caution, BUT, he should wait to see if the offensive wrestler can score. That is the procedure he will follow unless in standing position the defensive wrestler hooks both legs. If he hooks both legs – the official will immediately stop the bout to prevent injury to the wrestler attempting to throw, give a caution to the defensive wrestler, and award the offensive wrestler 2 points.

Greco Clinch:

The clinch is a normal part of the bout – it is not an overtime (there can be falls during the 30 second periods). At the end of the first minute (unless a wrestler is on his back) – there will be a clinch.

0-0 = flip coin

1-0 (or any other unequal score) man with most points starts on top

1-1, 2-2, 3-3, etc. = use the same tie-breaking criteria that is used to determine winner of period.

Hand to hand lock (finger lock with fingers facing is ok). As soon as the top man's hands disappear – the official will blow the whistle to start wrestling.

If there is no fall, five point throw, 2 three-point throws, or a six point difference in the score – the second 30-second period will start with the wrestler who started on top in the 1st 30 second period in the down position.

If a wrestler is in “danger” at the end of the first minute of the period – both 30 second clinches are suppressed. There won’t be any clinches in that period.

If a wrestler is in “danger” at the end of the first 30 second clinch – the second 30 second clinch is suppressed. The wrestler who was down at the start of the first 30 second period will not have a chance to start on top in a clinch.

False start/improper position:

Bottom man – first offense = “Attention”

Second offense = Caution + 2 points to his opponent AND he stays down.

Top man – first offense = “Attention”

Second offense = Caution + 1 point to his opponent.

Wrestling resumes in standing position. (He is still obligated to score within 30 seconds or his opponent gets a another point.)

It is important to get the right guy if there is a false start. The judge must voice an opinion. If he is not sure – agree with the referee. If he clearly believes it was the other color at fault – he must make his opinion clear to the chair who must then sort things out. In practice, if the team has decided to award an attention and there is a split determination – give it to the wrestler who doesn’t have one yet.

The first duty of the official is to insure the safety of the athletes. All divisions – if a wrestler is held straight upside-down in a pike position – the official MUST stop the bout to prevent a neck injury.

In Greco-Roman, special care must be taken when the clinching wrestler is able to lift his opponent and hold the defensive wrestler upside down with no way to defend himself. Pikes or piledrivers are strictly forbidden.

Kids division – the Greco clinch starts with the top wrestler on BOTH knees.

Restarting bout after leg fouls & cautions and after wrestlers go out-of-bounds during 30 second Greco clinch periods.

1. If there is a leg foul during the first minute of the Greco bout:

- A. Caution + 1 + points earned by offensive wrestler (if the offensive didn't commit the leg foul and he/she scored). **RESTART BOUT IN STANDING POSITION.**
- B. Caution + 2 if the offensive didn't commit the leg foul and he/she did not score. **RESTART BOUT IN STANDING POSITION.**
- C. If the offensive wrestler commits a leg foul (an offensive leg foul). Warn the offending wrestler, award no points, **RESTART BOUT IN STANDING POSITION.**
- D. If the offensive wrestler repeatedly commits an offensive leg foul – caution offensive wrestler, award 1 point to defensive wrestler, **RESTART BOUT IN STANDING POSITION.** Wrestler who started on top is still obligated to score before the end of the 30 second period. If he doesn't – 1 point to his opponent.

2. If there is a defensive leg foul during the 30 second Greco clinch:

- A. If top wrestler is still in reverse body lock – award caution + 1 point + points earned (if the top wrestler scored), **RESTART BOUT IN REVERSE BODY LOCK.**
- B. If top wrestler is still in reverse body lock and did not score = caution bottom wrestler, award 2 points to top wrestler, **RESTART BOUT IN REVERSE BODY LOCK.**
- C. If the top wrestler has released the reverse body lock and defensive wrestler commits a leg foul award caution + 1 point + points earned (if the top wrestler scored), **RESTART BOUT IN STANDING POSITION.**
- D. If the top wrestler has released the reverse body lock and defensive wrestler commits a leg foul = caution bottom wrestler, award 2 points to the top wrestler if he/she did not score, **RESTART BOUT IN STANDING POSITION.**

3. If there is an offensive leg foul during the 30 second Greco clinch. Award no points to top wrestler (if they scored with the offensive leg move) - **RESTART BOUT IN STANDING POSITION.** Wrestler who started on top is still obligated to score before the end of the 30 second period. If he doesn't – 1 point to his opponent.

4. If wrestlers go out-of-bounds during 30 second Greco clinch and the defensive wrestler did not flee the mat or commit a leg foul. **RESTART BOUT IN STANDING POSITION** (regardless of whether or not the top man has scored).

5. If wrestlers go out-of-bounds during 30 second Greco clinch and the defensive wrestler did flee the mat or commit a leg foul = Caution 1 or 2 points. **RESTART BOUT IN REVERSE BODY LOCK** if the top wrestler was clinching when they went out-of-bounds. **RESTART BOUT IN STANDING POSITION** if the top wrestler had released the reverse body lock before they went out-of-bounds.

6. If the top wrestler has released the reverse body lock and the bottom wrestler flees the mat while on his back - **RESTART BOUT IN PAR TERRE.**

7. If the official stops the bout during the 30 second Greco clinch to prevent an injury due to a wrestler being held in an upside down pike position – **RESTART BOUT IN REVERSE BODY LOCK**

8. If bottom wrestler stands up while in reverse body lock resulting in both wrestlers standing - If either wrestler steps out-of-bounds = one point to wrestler who didn't step out or who stepped out last. **RESTART BOUT IN STANDING POSITION**