

2018 Greco and Freestyle RULES:

For a complete list of UPDATED RULES, Go to USWOA.COM (which SURPASSES this Form)

“PASSIVITY” = “NOT SCORING” or “NOT ATTEMPTING TO SCORE”

“Stalling” = Not working to improve your position (Folkstyle only)

Color 1st, Command 2nd (Example "RED, Action" or "BLUE, Head Up")

VOCABULARY: "Action", "Head Up", "Contact", "Zone", "Open", "Place", "Adjust", "Fingers", "Attack"

SCORING Points

1 point = Step Outs, Reversals, Passivity, **Cautions** (FS), Offensive Leg Fouls (GR)

2 points = Takedowns, ALL Turns, Correct Throws, **Cautions** (GR), ***FLEES in DANGER (*FS and *GR)**

4 points = "Feet to Danger" Takedowns, Grand Amplitude Throws that do NOT land in Danger

5 points = “Grand Amplitude” Takedowns that land in Danger

WHO SCORED?:

1. Who took the **RISK**?
2. What was the **DIRECTION** of the attack?
3. Was there a **COUNTER-ATTACK** or a **BAIL-OUT**?
4. Was the **DEFENSIVE** wrestler **STANDING** or in **PAR-TERRE**?
5. Did either wrestler land in **DANGER**?
6. Was there **GRAND AMPLITUDE**?

ALL *PASSIVITIES, *CAUTIONS, and *FALLS: *MUST BE CONFIRMED BY THE CHAIR*

- *ACTIVE Wrestling:** Hand fighting vs Hooking, Set-Ups, Angles
- *NEGATIVE Wrestling:** (GR and FS): Grasping Fingers, 2 Hands on the Head, Offensive Push-Outs, Snowplow Cradle
(GR): Head Down, Blocking with Head or Hands **1st: Verbal Warning 2nd: Caution +1 (FS), +2 (GR)**
- *OUT of BOUNDS:** *Entire Head or Entire Foot must be out of bounds / Upper Torso / 2 hands = 1 foot
*Actions that start in bounds can finish out of bounds = offensive wrestler can step out and still score
*Defensive Wrestler Can NOT score once they are out of bounds (foot, head, body, etc.)
- *EXPOSURE:** Shoulders breaking past **90 degrees**
- *DANGER*** Shoulders breaking past **90 degrees “AND”** an **ELBOW, SHOULDER, or HEAD** also touches the mat
- *STEP OUT vs. PUSH OUT:** Can NOT just push your opponent out of bounds, must make attempt to score a TD
- *SLIP THROWS/TURNS::** Did Defensive wrestler do anything to **STOP ACTION** or **CHANGE DIRECTION**?
- *COUNTERS vs BAIL-OUTS:** Was Defensive wrestler under attack when he attempted the throw?
- *PAR-TERRE:** **DEFENSIVE** Wrestler: Flat on Belly, Feet and Hands straight and on the mat,
OFFENSIVE Wrestler: Both Knees on mat behind armpits of defensive wrestler, Hands on back
Hands to the Face, Illegal headlock, Snowplow Cradle, Leg Scissors around head, **BRUTALITY**
- *ILLEGAL HOLDS/FOULS:**
Offensive Fouls - **1st:** Attention **2nd:** Caution +1 (FS), +2 (GR)
Defensive Fouls - **1st:** Caution +1 (FS), +2 (GR) **2nd:** Caution +1 (FS), +2 (GR)
- *CAUTIONS:** **CAUTIONS = 1 pt. (FS), 2 pts. (GR) / *2 Defensive Leg Fouls = “DQ” / *3 Cautions = “DQ”**
- *STANDING vs PAR-TERRE:** *WHEREVER THE FOUL OCCURRED, ACTION WILL RESTART IN THAT POSITION*
- *TRI-POD/QUAD-POD:** It is NOT a takedown until an **ELBOW, KNEE, or HEAD** also touches the mat
- *FLEE the MAT:** Not staying in the mat area, facing out when going off the mat, avoiding a takedown
- *FLEE the HOLD:** *Must set up a **FLEE the HOLD** call with an **“ATTENTION”** first
- *FALL (Pin):** CONTROL and COMPRESSION / NO Defensive Falls
- *TECHNICAL Fall:** Winning by a **10 pt** differential (FS and GR) (*8 pts. for Senior Level GR)
- *TIE-BREAKER CRITERIA:**
1– Highest Value of Holds (most 5's, 4's, 2's, 1's)
2– Least # of cautions
3– Last points scored

GRECO

For a complete list of UPDATED RULES, Go to USWOA.COM (which SURPASSES this Form)

“PASSIVITY” for GRECO = “NOT SCORING or NOT ATTEMPTING TO SCORE”

***PROPER GRECO STANCE:** **Head Up, Hips In, and Chest-to-Chest** (NOT head-to-head, NO collar-ties)

***PAR-TERRE Starting Positions:** **DEFENSIVE** Wrestler: Flat on Belly, Feet and Hands straight/on the mat,
OFFENSIVE Wrestler:- Both Knees on mat on 1 side, Hands on back

ORDERED PAR-TERRE: There can be only **1 ORDERED PAR-TERRE PER PERIOD** (from PASSIVITY)

1st Passivity: **1 pt.** for opponent, ordered **Par-terre** (1st Period ONLY)

2nd Passivity: **1 pt.** for opponent, ordered **Par-terre** (2nd Period ONLY)

3rd Passivity: **1 pt.** for opponent, ***NO*** Par-terre (DO NOT STOP THE MATCH)

Defense to Gut Wrenches/Reverse Locks (Greco)

Must defend with open arms, Not allowed to block with elbows or knees

Not allowed to touch opponents HANDS, WRISTS, or ARMS

Official will say “OPEN” and slap the mat, if wrestler doesn’t open, **Caution +2**

***If lifted, the defensive wrestler can post with 1 hand on the offensive wrestler’s upper arm/torso**

Defense to Front Headlock (Greco)

Allowed to attack hands, wrists, and arms

Not allowed to grab fingers

***LEG FOULS:** The active **USE of LEGS “TO SCORE”** or **PREVENT SCORING”**

OFFENSIVE Legs = **1st:** **Attention** (stop and take away the points and the advantage position)

2nd: **Caution +1** for opponent

DEFENSIVE Legs = **1st:** **Caution +2 pt.** (+ any points scored, resume position the foul occurred in)

2nd: ***DISQUALIFIED***

Greco SCORING:

1 point = **Step Outs**

Reversals

Passivity

OFFENSIVE LEG FOULS (2nd time)

2 points = **Takedowns**

Correct Throws

Throws from Par Terre that do **NOT** land in danger

All Turns to Exposure/Danger (Includes Hand-to-Hand)

DEFENSIVE LEG FOULS

CAUTIONS (Illegal Moves, Flee the Mat, Flee the Hold)

Flee the Mat (while on your back getting pinned)

4 points = **"Feet to Danger" Takedowns**

Throws from Par-Terre that land in Danger

Grand Amplitude Throws that do **NOT** land in Danger

5 points = **Grand Amplitude Throws** that land in Danger

FREESTYLE

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“PASSIVITY” for FREESTYLE = “NOT SCORING or NOT ATTEMPTING TO SCORE”

Passivity SCORING for FS:

----- Stimulate Action (friendly reminder)

1. "V" - Attention **Passive** **FS (STOP the Match)**

2. "P"- **Passive:** **FS (STOP the Match)**

EXAMPLE:

"RED Action" or "BLUE Head Up"

"RED Passive"

"RED Passive, 30 sec. ACTIVITY CLOCK"

“30 sec. ACTIVITY CLOCK” (Shot Clock)- **DO NOT Stop the match at 30 seconds**

*If **Neither** wrestler scores in 30 seconds, ***DO NOT STOP the match,**

Just award **+1 pt for the opponent** and wrestling continues

*If **Either** wrestler scores, the activity clock ends and wrestling continues

***TRI-POD/QUAD-POD (FS):** It is **NOT** a takedown until an **ELBOW, KNEE, or HEAD** also touches the mat

***MERKLE/Okie-Chokie (FS):** It's NOT a takedown until the Offensive Wrestler gets his leg out and covers the hips (FS)

***SITUATIONAL SCORING:** **2 Moves** (2 pt TD and 2 pt Turn) vs. **1 Move** (4 pt Feet to Danger)

4 pt. Feet to Danger Takedown/Throw with a Counter Roll-Through for Exposure

4 pts. ONLY (Offensive wrestler does **NOT** break grip on legs)

4 pts. and 2 pts. (Offensive wrestler **does** break grip on legs)

*Freestyle SCORING:

1 point =

Step Outs

Reversals

Passivity

Cautions (Illegal Moves, Fouls, Flee the Mat, Flee the Hold)

2 points =

Takedowns

Correct Throws

All Turns to Exposure (Includes Hand-to-Hand)

Throws from Par-Terre that do **NOT** land in danger

****Flee the Mat** (while on your back getting pinned)

4 points =

Takedown "Feet to Danger"

Throws from Par-Terre that land in Danger

Grand Amplitude Throws that do **NOT** land in Danger

5 points =

Grand Amplitude Throws from Par-Terre that land in Danger

3-MAN MECHANICS:

Official's Techniques for FS/GR

1. REFEREE:

SAME AS GENERAL REFEREE MECHANICS plus the following:

PASSIVITIES, *CAUTIONS, and *FALLS: *Must get CONFIRMATION from the *CHAIR ONLY

If you get a Passivity Confirmation, look to the athletes, if there is action, then hold your call **ATTENTION** (Do NOT need confirmation) Blow the whistle, Stop the match, Talk to athletes

FLEE THE HOLD: *Must Set up with an **ATTENTION 1st (unless in the last 10 sec. of match)**

*ALL 3 REFS must agree on Flee the Hold Calls if < 30 sec. remain in match

Don't talk to the coaches about calls/questions, direct them to the Chair ("COACH, PLEASE...")

Look through the wrestlers to your Judge and Chair

NEVER take a wrestler off his back in a pinning combination unless the Chair tells you to

2. JUDGE:

Call your own match, Do NOT just mimic the ref and call what the ref calls

Hold Up Paddles High and Quickly so the Chair can confirm quickly

Always keep your **eyes on the action**, write down points later

Sit there quietly, do NOT say stop or call out time to the ref (that's the Chair's responsibility)

DO NOT talk to coaches about calls/questions, direct them to Chair ("COACH, PLEASE...")

JUDGE MAY INITIATE Passivity Calls and Flee Calls

Give **OPTIONS** to the Chair when applicable (3 votes vs. 2 votes):

(4's vs 2's, Flee Calls vs. Step Outs, Slips, Action away from you)

Can't white paddle an out of bounds Flee Call, rather call a Step Out or a TD

***Flee Calls: if <30 sec. left in the match, CONFIRM ALL FLEES and give the option to the Chair**

***ALL 3 REFS must agree on Flee the Hold Calls if <30 sec. remain in the match**

3. CHAIR:

MUST CONFIRM ALL *PASSIVITIES, *CAUTIONS, and *FLEES

***ALL 3 REFS must agree on Flee the Hold Calls if <30 sec. remain in the match**

Take Control of the Mat/ You have the Final Say

Make sure the **Score and the Clock are Correct**

Keep **CONFERENCES/CONSULTATIONS Short and Simple** (with Coaches and the Ref and Judge)

-are **NOT ALLOWED to watch VIDEOS** anymore during the Conference

-When calling a Conference, ask questions to the Ref and the Judge: **"IS IT POSSIBLE?"**

-Be ready to give a **SHORT, DETAILED EXPLANATION** of your call to the coaches

-Listen to the coach's question 1st, then:

1. Explain to the coach what you called and explain the reason why.

-or-

2. Call a Conference with the Ref and the Judge, make a decision together, then explain to the coach what you called and explain the reason why.