

# Rule Book & Guide to Wrestling

FREESTYLE, GRECO-ROMAN, WOMEN'S,  
and BEACH WRESTLING

2010 Edition



**USA** wrestling

## FEATURING:

- Official Rules of FILA
  - USA Modifications
    - Wrestling Glossary
      - A Guide to Pairing
        - Tournament Operations

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# International Rule Book & Guide to Wrestling

**FREESTYLE, GRECO-ROMAN, WOMEN'S WRESTLING,  
and BEACH WRESTLING**

**2010 Edition**



**USA wrestling**

The 2010 Rule Book & Guide to Wrestling is produced by the Department of State Services of USA Wrestling, in cooperation with the USWOA. For the most up to date version of the Rule Book, please visit [www.themat.com/forms/Rulebook.pdf](http://www.themat.com/forms/Rulebook.pdf).

USA Wrestling (USAW) is the National Governing Body for the sport in the United States and is the authorized representative to the United States Olympic Committee (USOC), and to the Federation Internationale des Luttes Associees (FILA).

This rule book contains the rules of FILA, which are approved by the USAW Board of Directors to be utilized at USAW sanctioned Freestyle, Greco-Roman, Women's, Beach Wrestling events, as well as USAW sanctioned Grappling Events. Please note the various USAW modifications to the FILA rules which were also adopted by the USAW Board of Directors. The revised 2010 FILA International Rules are made available to download at [www.themat.com](http://www.themat.com) and are enforced for those events that apply.

## **USA WRESTLING**

James Ravannack ..... President  
Rick Tucci ..... President, USWOA  
Rich Bender ..... Executive Director

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

Whereas rapid weight reduction "cutting weight" through caloric restriction, dehydration, and excessive exercise in heated environments exposes wrestlers to decreased performance, heat related trauma, and hazard to health and life, USA Wrestling (USAW) has adopted the following rules:

With regard to the practice of dehydration, the use of hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics, emetics, laxatives, excessive food and fluid restriction and self-induced vomiting is prohibited by USA Wrestling.

Regardless of purpose, the use of vapor-impermeable suits (e.g., rubber or rubberized nylon) is prohibited.

Violation of these rules at USAW sanctioned events shall cause the individual(s) in question to be suspended from the competition for which use of the prohibited methods were intended.

Enforcement for this rule shall be the responsibility of the tournament committee which is to be established prior to the competition. The decision of the tournament committee shall be final.

A second event violation will result in the suspension of the individual(s) from any USAW sanctioned event for one calendar year from time of suspension. All second violation cases shall be heard by the appropriate age group executive committee. USAW's By-laws shall be considered in all applicable cases.

Any individual assisting an athlete in prohibited weight reduction practices shall be held to the same rules and penalties as athletes.

USAW discourages rapid weight reduction methods under any circumstances. However, events excluded from these rules are Senior-level FILA calendar events and Senior-level FILA "world level championships" and those Senior-level competitions which are qualifying events for Senior-level FILA "world level championships".

Guidelines for Application of the Rule:

1. This rule shall be in effect for all USAW sanctioned events (except those excluded above).
2. The tournament committee of each event must put its decision in writing to both the offending party and the USA Wrestling National Office.
3. The rule will be posted/distributed at the competition venue(s), weigh-in site(s), practice venue(s), host hotel(s), training site(s) and official housing facilities(s). In addition, announcements will be made on the public address system throughout the weigh-ins, if possible, and during the competition.

# Introduction

There are two basic styles of international wrestling, Freestyle and Greco-Roman. With one major exception, the rules for the two styles are identical. The difference is:

- In Greco-Roman, a wrestler may not attack his opponent's legs, nor use his own legs to trip, lift or execute other holds.
- In Freestyle, however, both the arms and legs may be used to execute holds and to defend against attack.

These definitions bring about variations in stance and technique, and in some interpretations of the rules, but the requirements for scoring points, for winning and losing, and for advancement through an event are in general the same for both styles. A wrestler's goal is to pin his opponent's shoulders to the mat, or else to win on points.

Although freestyle wrestling bears a resemblance to the folkstyle practiced in American scholastic and collegiate programs, there are major differences between the national and international styles. Over the past decade, the International Federation of Associated Wrestling Styles (FILA) has changed the whole direction of the sport.

The objective is to make wrestling vigorous, dynamic and spectacular. This is being carried out by revisions of the rules and their interpretations, by modifications of the methods of pairing, scoring and advancement, and by introduction of new philosophy.

FILA also recognizes two other styles of wrestling each with their own rules, they are Beach Wrestling and Sombo. Details on the rules for these two styles can be obtained through USAW.

## Modern Wrestling

Beginning in 2005, FILA adopted sweeping rule changes that changed the image of the sport for the future. On recommendation by various USA Wrestling Age Group Councils and Standing Committees, the USA Wrestling Board of Directors voted that these sweeping rules changes be enforced beginning in 2006, with some modifications. This rule book contains the FILA rules, modification to the rules made by USAW for age group competitions and the rules for Beach Wrestling. All Senior level events and FILA events sanctioned in the United States will adhere to the "new" FILA rules with some modification to the pairings procedures, weigh-ins and protest procedures.

Regardless of what rules are utilized, there are some basic principals that govern the sport overall and the application of any rules currently in place, or that shall be adopted in the future. The principals are as follows:

**Passivity** (stalling) is the worst enemy of wrestling. Any attempt to avoid wrestling — by blocking, by pushing, by going out of bounds, by "playing the edge".

**Total wrestling** defines the dynamic, “all-out” aspect of the sport. The wrestlers are expected to attack and counterattack continuously during the wrestling time.

**Universal wrestling** is an essential quality of total wrestling. It calls for the development of new techniques and the use of a wide variety of actions and holds.

**“Risk:”** In all sports, attack and defense imply a certain amount of “risk.” A strong wrestler has the courage to take “risks.” Fear and the reluctance to take “risks” should not be a part of wrestling.

## **Age Group Competition**

USA Wrestling sanctions competitive opportunities in Freestyle, Greco-Roman, Beach Wrestling, Sombo and Folkstyle wrestling for all ages and in varying levels of intensity. These programs are not intended to replace scholastic and collegiate folkstyle wrestling, but rather to allow each individual to broaden his/her horizons, increase his/her technical skills and establish new goals.

One of the advantages of wrestling Freestyle, Greco-Roman, Beach and Sombo is that these styles make up an individual sport. Although club and state awards are presented, the wrestler does not have the pressure of performing for his school, the fear of letting down his team. He/she is free to wrestle to win, rather than half-wrestle not to lose.

The club coach most likely is a volunteer. His/Her professional job and his/her family’s livelihood do not depend on the performance of a team. He/she is free to teach new technique, and to encourage his wrestlers to utilize these new skills.

The officials also are volunteers. Generally, there are three on a mat free to make swift, objective decisions about scoring and to enforce the rules and the spirit of the rules. Pairing officials apply standard formulas and procedures, without the need for subjective judgment.

Wrestling in the international styles is the ultimate participation in The Oldest Sport.

USA Wrestling in general follows the Freestyle, Greco-Roman, Grappling, and Beach Wrestling rules of the international governing body, *Fédération Internationale des Luttes Associées*, known as FILA, with modifications for domestic and age group competition. Not all aspects of the international rules are adhered to, and local and state conducted events may include other modifications. As part of its continuing education effort, USA Wrestling presents the 2010 Edition of Guide to Wrestling in the international styles, including the official rules of FILA and guidelines for pairing and tournament operations.

### **USA Wrestling State Associations & Grass Roots Vision**

**Statement:** *The vision of USA Wrestling is to be the preeminent, most prominent and highly regarded sport organization in the World using Olympic Ideas to assist all in achieving their maximum human potential.*

**INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES  
INTERNATIONAL WRESTLING RULES**

**GRECO-ROMAN WRESTLING - FREE STYLE WRESTLING  
WOMEN'S WRESTLING - BEACH WRESTLING**

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**USAW Modifications:** Modifications to the 2010 international rules, made by USAW to enhance the sport in the United States, are in some cases noted after the text of the international rules in italics or can be found in the section titled "USA Modifications."

**See page 137 for USAW Modifications Index**



# FOREWORD

Wrestling, like all other sports, obeys rules which constitute the “Rules of the Game” and define its practice, the aim of which is to “pin” the opponent or to win on points. These regulations apply to all the styles recognized by modern wrestling controlled by the FILA.

The Greco-Roman Style and Freestyle basically differ as follows:

- In Greco-Roman Wrestling, it is strictly forbidden to grasp the opponent below the belt line, or to trip him or to use the legs actively to perform any action.
- In Freestyle wrestling, however, it is permissible to grasp the legs of the opponent, to trip him and to use the legs actively to perform any action.

Double Nelsons are strictly forbidden in women’s wrestling.

Beach wrestling is dealt with by a specific rule.

Traditional wrestling, as practiced world wide, are subject to specific rules.

Frequently modified and always subject to further modification, the Rules set forth herein must be known and accepted by all wrestlers, coaches, referees and leaders. They call upon those who practice the sport to fight totally and universally, with complete honesty and fair play for the pleasure of the spectators.

## FILA

### **INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES**

#### **INTERNATIONAL WRESTLING RULES**

#### **GRECO-ROMAN WRESTLING - FREE STYLE WRESTLING - WOMEN’S WRESTLING**

### GENERAL RULES

#### Article 1 - Object

Drawn up in compliance with the FILA Constitution, the Financial Regulations, the Disciplinary Regulations, the General Rules governing the organization of international competitions, and all the specific Regulations, the International Wrestling Rules have as their specific objectives to:

- define and specify the practical and technical conditions under which bouts are to take place
- determine the value to be assigned to wrestling actions and holds

- list situations and prohibitions
- determine the technical functions of the officials
- determine the competition system, methods of victory, defeat, classification, penalty, elimination of competitors, etc.

Being subject to modification in light of practical observations as to their application and research into their effectiveness, the international Rules set forth in the following document constitute the framework within which the sport of wrestling is conducted in all its styles. Traditional wrestling, Sambo and Beach Wrestling are governed by rules specific to the various styles.

## **Article 2 - Interpretation**

In the event of disagreement as to the interpretation of the provisions of any article in the following Rules, the Executive Bureau of FILA is solely empowered to determine the exact meaning of the article(s) in question. The French text shall prevail.

## **Article 3 - Application**

Application of these Rules to the Olympic Games, Championships, and to all international competitions under the control of FILA is compulsory.

During international tournaments, a competition procedure that differs from that set out in the Rules may exceptionally be used, provided that permission has been granted by FILA and all participating countries.

*In the United States, the rules of the sport and modifications to the 2010 FILA rules shall be used at all regional and national events, except whereas noted above. State and local competitions are encouraged to use these rules for consistency from competition to competition.*

## CHAPTER 1 - MATERIAL STRUCTURE

### Article 4 - The mat

**USAW Modification** In the USA, where mats are manufactured for wrestling competition, the passivity zone may be marked by taping a line of dashes inside the out-of-bounds line. The inner 10-foot folkstyle circle has no meaning internationally, and when standing, the contestants start in the middle, facing each other about a yard apart.

One corner of the mat should be marked in red and another in blue, so the wrestlers and the coaches know where to report. This can be done with colored chairs, with colored plywood under the chairs, or simply with red and blue signs. The red corner should be on the referee's left as he faces the mat chairman's table. FILA approved mats are not required for domestic competition.

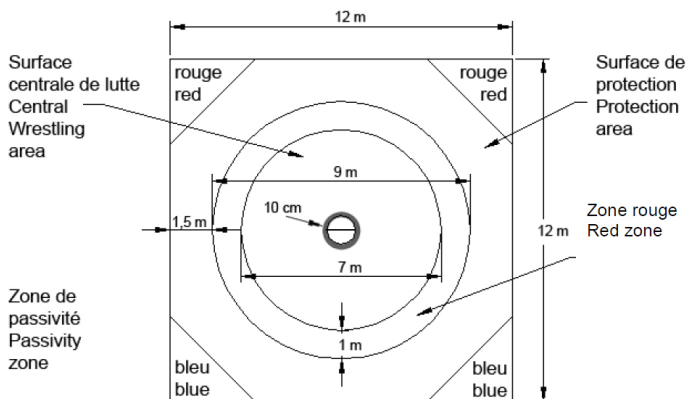
For local and state level competitions for the age groups Schoolboy/girl and lower, mats less than full size but not less than a quarter of a full sized (standard) mat may be used when necessary. Adequate protection around all mats should be in place.

A new FILA approved mat, with a 9 m diameter and surrounded by a 1.50 m border of the same thickness is obligatory in the following contests: Olympic Games, Championships and Cups. For all international competitions, mats must be homologated, but not necessarily new.

For the Olympic Games and World Championships, warm up and training mats must also be new and approved by FILA and be of the same quality as the competition mats.

A red band of 1 m wide and forming an integral part of the wrestling area is drawn along the circumference on the inside of the circle of 9 m in diameter.

The following terms will be used to designate the various parts of the mat:



The central circle indicates the middle of the mat (1 m diameter). The inside part of the mat which is inside the red circle is the central surface of wrestling (7 m of diameter). The red strip (1 m width). The area in the protection area is 1.50 m width

For all Olympic Games, World Championships and Continental Championships, the mat shall be installed on a platform not higher than 1m10 or lower than 0m50.

If the mat lays on a podium and that the protection margin (covering and free space around the mat) does not reach 2 meters, the sides of the podium will have to be covered with 45° inclined panels. In all cases, the color of the protection area will have to be different from the one of the mat.

The wooden floor near the mat will have to be covered with a strongly well fixed soft cover.

To prevent contamination, the mat must be washed and disinfected before every wrestling session. When mats that have a smooth, uniform and non-abrasive surface are used (canvas included), the same hygienic measures must also be applied.

A circle must be traced in the middle of the mat with an inside diameter of one meter and a surrounding band 10 cm wide. For Greco-Roman wrestling, an 8 cm width line splits the circle in two parts. The color of the line just described and that of the line marking off the wrestling area must be red.

The diagonally opposite corners of the mat are marked out in the wrestlers' colors, red and blue.

The mat should be installed so that it is surrounded by a wide open space in order to ensure that the competition proceeds normally.

## **Article 5 - Competitor's dress**

**USAW Modification:** (a) Singlet: The singlets for Cadet, FILA Cadet and Junior Division National Championships are to be colored predominantly a clearly distinguishable shade of either red or blue. Red and blue may be mixed as long as the provisions above remain. No specific rules for any other competitions, (b) For Cadet and Junior Division National Championships, athletes must wear their state approved singlet, (c) The use of protective headgear of a type required for scholastic wrestling is authorized and recommended in Junior, Cadet, FILA Cadet competition. Headgear is allowed in Senior, University and FILA Junior World competition, but must be removed at the request of the opponent unless it is worn for a certified medical reason. Headgear is mandatory for all 14 and younger USAW Regional and National Championships. In any division, a face mask is allowed only to protect an existing injury, or an injury occurring during the bout, and must be prescribed by a medical doctor or the event's chief medical officer. (d) Competitors are required to tape their shoe laces down to avoid unfastening.

At the beginning of each day, each competitor must be closely shaven or have a beard of several months growth.

### **a) The competition singlet**

Contestants must appear on the edge of the mat wearing a FILA approved one-piece singlet of the colour assigned to them (red or blue). It is forbidden to have a mixture of red and blue colours on the singlet. *Only for the USAW Senior Team Trials shall athletes be required to wear the "high cut" singlet as stipulated by FILA. The use of a two-piece singlet/uniform is not allowed at any USAW Developmental Age Group Regional or National Championships.*

The wrestler must wear:

- Their country's emblem on his chest.
- The abbreviation of the country's name (maximum size 10 cm x 10 cm) on the back of the singlet and the last name in latin letters (4 cm to 7 cm) above or in a half circle around the country's abbreviation
- The use of light knee pads containing no metal parts is allowed.
- The wrestler must have a cloth handkerchief with him during the whole of the match.

### **b) Advertising on clothing**

Apart from during the Olympic Games where the IOC Rules apply, competitors can wear one or several sponsor's names. Contestants may also wear their sponsors' name(s) on the back or sleeves of their robes. Lettering and symbols may not be higher than 6 cm to identify the sponsor.

### **c) Ear protectors**

For those wrestlers who wish to wear ear protectors, they must be approved by FILA and must not contain any metal or have hard shells.

The referee can oblige a wrestler with too long hair to wear ear protectors. *(Standard headgear manufactured in the United States may be worn for all domestic USAW events. Headgear is mandatory of 14 years and younger athletes at all USAW Regional and National competitions.)*

### **d) Shoes**

Contestants must wear wrestling shoes providing firm support for the ankles. The use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may be without laces. Shoes with laces should be wrapped with sticky tape or a system which hides laces so that they do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes which will be controlled before getting on to the mat.

### **e) Bans**

At the weigh-in, the referee must check that each competitor satisfies the requirements of this article. The wrestler must be warned at the weigh-in that, if his appearance is not correct, he will not be allowed to enter the competition. If the wrestler enters the mat with a non compliance appearance, officials will allow maximum one minute in order for him to comply. If, after this time, the wrestler is still at fault, he will lose the match by abandon.

It is prohibited to:

- Wear the emblem or abbreviation of another country.
- Wear bandages on wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps.
- Apply any greasy or sticky substance to the body.
- Arrive at the mat perspiring for the beginning of the match as well as at the beginning of each period.
- Wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, etc.
- Wear underwired bras for female wrestlers.

## **Article 6 - Competitor's licence**

Any male or female senior wrestler who competes in the Olympic Games, World Championships, World Cups, Continental Championships, Cups and Games, Regional Games and the World and Continental League, international tournaments registered in the FILA calendar must hold an international competitor's licence, as defined by special Regulations. *For USAW events, all competitors must be current members of USAW.*

Any male or female cadet, junior wrestler who competes in the Continental and World Championships must hold an international competitor's licence.

Any male or female junior wrestler who competes in a senior international tournament must hold an international competitor's licence.

Any veteran wrestler who competes in the World Championships and other international competitions must also hold an international competitor's licence.

This licence is also used as insurance for medical and hospital expenses in case of an accident taking place during competitions he is participating in.

The competitor must, at the time of the weigh-in, present his licence to the official delegate who, in turn shall submit it for verification to the FILA representative. The latter shall return it on the same day to the team manager of the said competitor. For competitions in which no accreditation is organised, these documents must be presented at weigh-in.

The licence is valid only when it bears the FILA stamp for the current year, and must be renewed each year.

## **Article 7 - Age and weight categories**

### **a) Age categories**

The age categories are as follows:

Schoolboys	14-15 years (from 13 with medical and parental certificate)
Cadets	16-17 years (from 15 with medical and parental certificate)
Juniors	18-20 years (from 17 with medical and parental certificate)
Seniors	20 years and older
Veterans	older than 35 years

Wrestlers in the junior age category are allowed to participate in the competitions for seniors. However, wrestlers aged 18 in the year concerned must provide a medical certificate and parental authorization. Wrestlers aged 17 in the year in question may not participate in senior competitions.

Age will be verified at all Championships and competitions during the accreditation.

An honour certificate for each participant will be issued by the President of the National Federation attesting to the age of the wrestler; this certificate must be drawn up in accordance with the model supplied by FILA, on the National Federation's letterhead.

A wrestler may participate in a competition only under the nationality appearing on his passport. If, at any time, it is determined by FILA that the statement was false and that fraud occurred, the disciplinary measures provided for to this end will be immediately applied against the Federation, the wrestler and the person whose signature appears on the fraudulent certificate.

Wrestlers who change their nationality and wish to participate in an international competition with their new country must wait two (2) years after their last competition registered in the FILA calendar. Wrestlers can change their nationality only once. Afterwards, they cannot compete for their old country anymore.

Each wrestler who participates in a competition automatically agrees to FILA **and USAW** to use his filmed or photographed image for the promotion of the competition or of competitions to come. If a wrestler refuses to agree to these conditions, he will have to make this clear at the entry stage and, may therefore be excluded from the competition.

## **b) Weight categories**

The weight categories for freestyle and Greco-Roman are as follows: (USAW weight classes differ)

SCHOOLBOYS	CADETS	JUNIORS	SENIORS
1. 29-32 kg	1. 39-42 kg	1. 46-50 kg	1. 50-55 kg
2. 35 kg	2. 46 kg	2. 55 kg	2. 60 kg
3. 38 kg	3. 50 kg	3. 60 kg	3. 66 kg
4. 42 kg	4. 54 kg	4. 66 kg	4. 74 kg
5. 47 kg	5. 58 kg	5. 74 kg	5. 84 kg
6. 53 kg	6. 63 kg	6. 84 kg	6. 96 kg
7. 59 kg	7. 69 kg	7. 96 kg	7. 96-120 kg
8. 66 kg	8. 76 kg	8. 96-120 kg	
9. 73 kg	9. 85 kg		
10. 73-85 kg	10. 85-100 kg		

The weight categories for female wrestling are as follows

SCHOOLBOYS	CADETS	JUNIORS	SENIORS
1. 29-32 kg	1. 39-42 kg	1. 46-50 kg	1. 50-55 kg
2. 35 kg	2. 46 kg	2. 55 kg	2. 60 kg
3. 38 kg	3. 50 kg	3. 60 kg	3. 66 kg
4. 42 kg	4. 54 kg	4. 66 kg	4. 74 kg
5. 47 kg	5. 58 kg	5. 74 kg	5. 84 kg
6. 53 kg	6. 63 kg	6. 84 kg	6. 96 kg
7. 59 kg	7. 69 kg	7. 96 kg	7. 96-120 kg
8. 66 kg	8. 76 kg	8. 96-120 kg	
9. 73 kg	9. 85 kg		
10. 73-85 kg	10. 85-100 kg		

Each contestant deemed to be taking part of his own free will, and responsible for himself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the official weigh-in.

For categories in the senior age group (*all age groups for USAW competitions*), competitors may opt for the next higher category than their body weight, except for the heavy weight category, for which contestants must weigh over 96 kg (females over 67 kg), *or the highest weight class prior to last weight class of the appropriate age group for USAW competitions. Rules differ for National Dual Championships.*

### c) Competitions

International competitions for the various age categories are as follows: (*USAW age groups and competitions differ*)

Schoolboys (14-15 years)	International competitions (bilateral and regional)	
Cadets (16-17 years)	International competitions	
	Continental Championships	(each year)
Juniors (18-20 years)	International competitions	
	Continental Championships	(each year)
	World Championships	(each year)
Seniors (20 years and older)	International competitions	
	Continental Championships	(each year)
	Continental Cups	(each year)
	World Championships	(each year,
	apart from Olympic Games years)	
	World Cup	(each year)
	Golden Grand Prix	
	Challenge matches	
International Grand Prix		
Veterans (35 years and older)	Super Star matches	
	Olympic Games	(every four years)
	Competitions according to the programme	(each
	year)	



## Categories and specific regulations

*All the above-mentioned competitions will be conducted according to FILA Rules, Statutes and Regulations, or as modified by USAW for domestic competitions, which shall use the 2010 FILA Rules as modified by USA Wrestling, and with exceptions herein noted.*

## **CHAPTER 2 - COMPETITIONS AND PROGRAMMES**

### **Article 8 - Competition system**

#### **Competition System and Method**

**USA Wrestling competition procedures may be found on page 61.**

The competitions take place by direct elimination system with an ideal number of wrestlers, i.e. 4, 8, 16, 32, 64, etc. If there is no ideal number of wrestlers in a category, qualification matches will take place.

Pairing is made in the order of the numbers drawn at random. All wrestlers who lost against both finalists will have repêchage matches. There are two separated groups of repêchage : one group of wrestlers who lost against the first finalist, and another group of wrestlers who lost against the second finalist. The repêchage matches begin with wrestlers who lost in the first round including in matches to obtain the ideal number against one of the two finalists up to the losers in the semi-finals by direct elimination. The winners of the two repêchage groups will receive each the bronze medal.

Each weight category begins and ends in a day. Each category weigh-in takes place the day before the beginning of the category concerned.

The competition takes place in the following manner:

- a) qualification round
- b) elimination round
- c) repêchage round
- d) finals

If there are less than 6 wrestlers in a weigh-in category, the Nordic round will take place (each wrestler against each wrestler).

#### **Example of a competition by direct elimination**

Let us take the example of a competition with 22 wrestlers in a weight category. The 22 wrestlers draw a number at random from 1 to 22.

#### **Qualification rounds**

In order to obtain the closest lower ideal number to apply the direct elimination system (16 wrestlers), qualification matches must take place.

In our example, we have 6 wrestlers with the ideal number of 16. The qualification matches will be disputed by 6 wrestlers who drew the highest numbers after 16, i.e. 17, 18, 19, 20, 21 and 22 and by 6 wrestlers drawing the

numbers at random directly before 17, i.e. 16, 15, 14, 13, 12, 11. According to the pairing principle in the order of the numbers drawn at random, the matches take place in the following manner :

- Number 11 against number 12, match number 1
- Number 13 against number 14, match number 2
- Number 15 against number 16, match number 3
- Number 17 against number 18, match number 4
- Number 19 against number 20, match number 5
- Number 21 against number 22, match number 6

The winners of these 6 qualification matches are qualified for the elimination round by direct elimination.

### **Elimination round**

We have the ideal number of 16 wrestlers after the qualification matches. The 16 wrestlers competing for the elimination round are the 10 wrestlers who drew the numbers from 1 to 10 and the 6 wrestlers who won the qualification matches, i.e. numbers 12, 13, 15, 17, 19 and 22 (to arrive at 16). According to the pairing principle in the order of the numbers drawn at random, the first elimination round takes place in the following manner:

- Number 1 against number 2, match number 1
- Number 3 against number 4, match number 2
- Number 5 against number 6, match number 3
- Number 7 against number 8, match number 4
- Number 9 against number 10, match number 5
- Number 12 against number 13, match number 6
- Number 15 against number 17, match number 7
- Number 19 against number 22, match number 8

### **Repêchage matches**

As mentioned above, all the wrestlers losing against the two finalists will make up a repêchage.

The wrestlers losing against the finalist no 5 are as follows:

- Number 6 (1st round loser)
- Number 7 (2nd round loser)
- Number 3 (3rd round loser)

The wrestlers losing against the finalist no 15 are:

- Number 16 (qualification round loser)
- Number 17 (1st round loser)
- Number 19 (2nd round loser)
- Number 12 (3rd round loser)

The repêchage phase begins with the wrestlers who lost against the finalists at the lowest level of competition.

1st match: no 6 (1st round loser) against no 7 (2nd round loser)  
2nd match: 1st match winner (N6) against no 3 (3rd round loser)

The wrestler 6 is the winner in the repêchage group who lost against the no 5 finalist.

The same system applies to the wrestlers losing against the no 15 finalist.

1st match: no 16 (qualification round loser) against no 17 (1st round loser)  
2nd match: the winner of the 1st match (N16) against no 19 (2nd round loser)  
3rd match: 2nd match winner (N16) against no 12 (3rd round loser)

The no 16 wrestler is the winner of the repêchage group who lost against the no 15 finalist.

## **Final**

The two finalists in the elimination rounds, i.e. no 5 and 15, take part in the match for the 1st and 2nd places.

The two winners of the two last repêchage matches (N6 and N16) receive each the bronze medal.

The losers of both finals for the two bronze medals will be ranked 5th ex aequo.

## **Classification criteria**

From the 7th place, wrestlers of each category will be ranked depending on their ranking points, retirement or forfeit, injury or disqualification.

In case of a ranking tie, they will be ranked by analyzing the following criteria successively:

- 1) The most victories by "Fall"
- 2) The most matches won by superiority
- 3) The most periods won by superiority
- 4) The most technical points scored in all the competition
- 5) The fewest technical points given in all the competition

If the place of the wrestlers cannot be determined with the above mentioned criterion, they will be ranked ex aequo.

The wrestlers taking part in the repêchage phase will also be ranked according to the ranking points earned during the competition, including qualification matches and repêchage.

**N.B.** Disqualified wrestlers for brutality or unfair behavior will be eliminated and not classified. Except with a medical certificate controlled by a FILA Doctor, if a wrestler does not present himself to the mat for whatever reason as soon

as the competition has started, his opponent(s) will win the match, and the wrestler will be eliminated and not classified.

### **Ranking criteria for the Nordic tournament**

a. Only 4 classification points will be attributed for the fall for the Nordic tournament system.

b. In the Nordic tournament the wrestler with the most ranking points is classified first.

c. If two wrestlers have an equal number of classification points, their direct fight will determine the winner. The wrestler who wins against his opponent will be ranked 1st.

d. If several wrestlers have an equal number of classification points, the last of the ex-equo group will be classified following these criterion until only two wrestlers remain :

- 1) The fewest victories by "Fall"
- 2) The fewest match victories by superiority
- 3) The fewest period victories by superiority
- 4) The fewest technical points scored in the whole competition
- 5) The most technical points given in the whole competition

If two wrestlers have an equal number of classification points, the winner of their bout will be ranked 1st.

### **Article 9 - Competition programme**

**In the United States, the "Competition Program" shall be established by USA Wrestling and published in event flyers and/or [www.usawrestlingevents.com](http://www.usawrestlingevents.com) for each specific event.**

The duration of Olympic Games is 8 days on 3 mats.

The duration of the senior and junior World Championships is 6 days for three styles (FS, GR, FW) on 3 mats. However depending on the number of entries received, one mat can be added or withdrawn for all competition types with FILA's agreement.

In principle, for all competition types, the matches shall not last longer than three hours. For all competition types, a weight category begins and ends after maximum one day.

For each competition round a weight category must in principle take place on the same mat and not on several mats at the same time. All the matches for the 1st, 2nd and 3rd places must take place on one mat.

### **Article 10 - Awards ceremony**

*The number of awards and manner in which they are presented shall be determined by USAW and may differ from event to event.*

The first four wrestlers in each weight category shall take part in the awards ceremony, and shall receive a medal and a diploma, according to their ranking.

1st	GOLD
2nd	SILVER
The two 3rd	BRONZE
5th-10th	DIPLOMA

At the World Championships, the winner will receive the World Championship Belt. (See Rules governing distinctions and awards).

Awards ceremonies take place immediately after the final match of the category concerned.

### **CHAPTER 3 - COMPETITION PROCEDURE**

#### **Article 11 - Weigh-in (not all rules are applicable to USAW sanctioned events)**

The final list of contestants must be submitted to the organizer by the team manager, without fail, 6 hours before the start of the weigh-in. No changes will be accepted after this time.

The weigh-in for each category always takes place on the day before the beginning of the competition concerned and lasts 30 minutes.

No wrestler may be accepted at the weigh-in if he has not undergone medical examination within the period set up in the competition regulations. Medical examinations are always carried out one (1) hour before the weigh-in.

Wrestlers must turn up at the Medical examination and the weigh-in with their license and passport, or with their accreditation card alone if the identity control took place at accreditation.

The contestants will be weighed with only their singlet, after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. ***For USAW competitions, the singlet worn to weigh-in must be an approved competition singlet without modification.***

**No weight tolerance will be allowed for the singlet.**

Contestants must be in perfect physical condition, with their fingernails cut very short.

Throughout the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish.

Referees responsible for the weigh-in must check that all the wrestlers fulfil all the requirements of Article 5 - Competitor's Dress - and to inform any wrestler of the risk he runs if he presents himself on the mat in incorrect dress. Referees will refuse to weigh a wrestler who is not dressed correctly.

**USAW Modification:** *For Cadet & Junior Division National Championships multiple day weigh-ins have been adopted and weigh-ins shall occur a maximum of 4 hours prior to initial competition. For the second day weigh-in a 2lb allowance shall be given. For the Kids FS/GR Nationals, and Kids/Cadet Regional Competitions weigh-ins shall occur as established by the Kids/Cadet Council and Region Councils respectively. For Kids/Cadet Region competition, an athlete may weigh in for both styles at the first style's initial weigh-in if competing in the first style. For all Junior Division Regionals, weigh-ins shall occur a maximum of 3 and minimum of 2 hours prior to competition on first day of competition, and athletes may weigh in for both styles at the first style's initial weigh-in if competing in the first style. For all other divisions weigh-ins shall occur as established by their respective National Councils or Sports Committee. For all Kids, Cadet, FILA Cadet, Junior, FILA Junior, University division regional and national events, weigh-ins shall begin at the designated time to conclusion, except when the competition is a qualifying event for a World level competition. In that case the FILA rules shall apply, with USA Wrestling modifications. All athletes must be present at the beginning of the designated weigh-in time. Athletes shall have two consecutive attempts to make weight, the initial attempt when called to the scale and an immediate challenge of another scale located in close proximity to the initial weigh-in scale(s). Athletes may not leave the weigh-in area or initiate any activity for means of weight reduction. Complete information may be requested from USAW. For all National Competition, all divisions except the Kids Division must weigh-in for each style if participating in each.*

**USAW Modification: FAILURE TO WEIGH IN** - *For Kids, Cadet, FILA Cadet and Junior divisions, a wrestler who does not weigh in, or fails to make weight at a second weigh-in, cannot place and is eliminated. No other athletes may be moved up, outside the final four in each pool, for placing purposes. This rule does not apply to wrestlers issued a red Medical Alert form.*

## **Article 12 - Drawing of lots (optional for USAW events, random computerized drawing of lots may be utilized)**

Participants shall be paired off for each round according to the numerical order determined by the drawing of lots during the weigh-in. The drawing of lots must be conducted in public. The Heracles software shall be used for the weigh-in and management of all international competitions entered in the FILA calendar.

If the Heracles software cannot be used, numbered tokens corresponding to the number of wrestlers who underwent a medical examination must be enclosed in an urn, a bag or any other similar object. If a different system is used, it must be clear.

The wrestler shall be weighed, and, as he leaves the scales, shall draw his number, on the basis of which he shall be paired off.

This number must be immediately entered on a notice board visible to the public, as well as on the starting and weigh-in list.

**Important:** When the person responsible for the weigh-in and drawing of lots observes an error in the regulation procedure as outlined above, the drawing of lots for the category in question is to be cancelled. Drawing of lots for this category will then be repeated with the agreement of the technical delegate.

**USAW Modification:** *For all USAW Divisions Region and National Competitions, drawing of numbers (lots) shall occur at event registration on site or during the weigh-in. In addition, when computer assisted pairing is conducted, drawing of lots by a computer is authorized and approved.*

### **Article 13 - Starting list**

If one or more wrestlers do not attend the weigh-in or are too heavy, after the weigh-in, wrestlers are regrouped in a precise order of classification from the lowest to the highest number.

No. 1	E	No. 7	J	
No. 2	H	No. 8	L	
No. 3	B	No. 9	I	(Wrestlers are therefore
No. 4	A	No. 10	G	regrouped by numerical order.)
No. 5	D	No. 11	K	
No. 6	C	No. 12	R	

### **Article 14 - Pairing**

*For all USA Wrestling sanctioned regional and National events, wrestlers shall be paired off according to the procedures and policies established for the specific event, see page 85. A document establishing the correct procedure and time schedule of the bouts must be drawn up, and it must provide all the relevant information concerning the manner in which the competition is to be conducted.*

Wrestlers shall be paired off in the order of the numbers they drew. A document establishing the correct procedure and time schedule of the bouts must be drawn up, and it must provide all the relevant information concerning the manner in which the competition is to be conducted.

The pairing for each round, as well as the results, are recorded on a board for use by the competitors, who must be able to consult it at all times. (See above table.)

### **Article 15 - Elimination from the competition**

- The loser is eliminated and ranked according to the classification points marked, except wrestlers who lost against one of the finalists as they take part in the repêchage for the 3rd or 5th places.

- A wrestler who, without medical advice and without notifying the official Secretariat, does not present himself to his opponent when his name is called is disqualified and not placed. His opponent(s) will win the match.  
**USAW Modification:** see page 66.

- If a wrestler commits an obvious offense against fair play within the spirit and concept of total and universal wrestling enunciated by FILA, and openly cheats, commits a serious error or engages in brutality, he will be disqualified immediately from the competition and eliminated by a unanimous decision of the officiating team. In this situation, he will not be placed.

- If two wrestlers are disqualified for brutality during the same match, they will be eliminated as above. The pairing for the following round will not be modified. The wrestler supposed to meet one of the disqualified wrestlers wins the match.

- If this qualification perturbs the ranking in a final match, the following wrestlers will move up the table to establish the final classification. If the two finalists are disqualified, then it will be necessary to make the bout between the two bronze medalists to determine the 1st and the 2nd place. All others participants will go up in the ranking, the two in 5th position will become 3rd.

#### **Ranking in the event of doping violations**

If the 1st or 2nd ranked wrestler is disqualified for doping, the bronze medallist who lost by elimination from the repêchage group of that particular finalist shall move up to second place.

The loser of the repêchage group from the finalist disqualified shall move up and will receive the bronze medal. For the rest of the ranking, the other wrestlers will move up in placing according to the ranking system.

In case of positive doping control, the wrestler will be disqualified, and not placed.

### **CHAPTER 4 - REFEREEING BODY**

#### **Article 16 - Composition**

**USAW Modification:** *Due to the nature of many USAW sanctioned local and state events, and in some cases regional championships, the use of three officials is not required.*

In all competitions, the officials for each bout shall consist of the following:

- 1 mat chairman
- 1 referee
- 1 judge

The appointment procedures of these three officials are set in the Regulations for the International Refereeing Body. Replacement of an official during a bout is strictly prohibited, except in the case of a serious illness that is medically confirmed.



In no case may two officials be of the same nationality.

Furthermore, it is strictly forbidden for an official to officiate in bouts involving compatriot wrestlers.

The refereeing body shall make all decisions unanimously or by majority of two on one, except in fall situations where the mat chairman's approval must be obtained. It cannot use video evidence to make its decisions (except in case of challenge)

### **Jury of Appeal**

The Jury of Appeal is a group of refereeing experts whose function is to make sure that the wrestling rules are strictly applied during all major FILA events, such as: the Olympic Games, the World and Continental Championships, the World Cups, the Golden Grand Prix tournaments, and the specific Games.

### **Article 17 - General duties**

**a)** Officials shall perform all the duties set forth in the Regulations governing wrestling competitions and in any special provisions which might be established for the organisation of particular competitions.

**b)** It is the duty of officials to follow each bout very carefully and to evaluate the actions of the wrestlers so that the results shown on the judge's score sheet accurately reflect the specific nature of said bout.

**c)** The mat chairman, referee and judge shall evaluate the holds individually in order to arrive at a final decision. The referee and judge must work together under the direction of the mat chairman, who co-ordinates the work of the officials.

**d)** It is the duty of the officials to assume all of the functions of refereeing and judging, to award points and to impose the penalties stipulated in the Rules.

**e)** The score sheets of the judge and mat chairman are used to tally all the holds executed by the two opponents. The points, cautions (0) must be recorded with the greatest accuracy, in the order corresponding to the various phases of the bout. These score sheets must be signed by the judge and mat chairman, respectively.

**f)** If a period does not end in a "fall," the decision shall be made by the mat chairman. It shall be based on an evaluation of all the actions of each competitor, recorded from beginning to end on the judge's and mat chairman's score sheets.

**g)** All the points awarded by the judge must be announced to the public as soon as they are determined, either by means of bats or by an electric scoreboard.

**h)** Officials are required to use the basic FILA vocabulary that is appropriate to their respective roles when conducting the bouts. However, they are forbidden to speak to anybody during the bout, except, of course, amongst themselves when the occasion requires them to do so for consultation and to perform their tasks properly.

i) When a challenge is requested by a coach and confirmed by the wrestler, the refereeing body must watch the video evidence on big screen at same time as the jury of appeal, without leaving their seats. After having reviewed the action once, the refereeing body announces its decision that will be confirmed or corrected by the Jury of Appeal.

## **Article 18 - Referee's Dress**

**USAW Modification:** *This regulations may be modified by local and state rules and may be modified by the appropriate USWOA representative assigned to regional and national competitions. For all USAW National Competition the official's uniform shall be: Light Blue Polo Shirt, Grey Trousers, Black Belt, Black Shoes (athletic type). Contact USAW for details on ordering.*

The refereeing body( referees, judges, mat chairmen, and jury members) must be dressed in the following manner when exercising their function:

- classic navy jacket with FILA logo
- grey trousers (no turn-ups) with a black belt
- long or short sleeved light blue shirt
- yellow tie with the FILA logo
- black socks
- black plimsolls

The dress must be a model homologated by FILA. The refereeing body may not wear the name of a sponsor. However, the number on his jacket may include the name of the FILA sponsor.

## **Article 19 - The referee**

a) The referee is responsible for the orderly conduct of the bout on the mat, which he must direct according to the Rules.

b) He must command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he must conduct the bout without tolerating any irregular and untimely outside interventions.

c) He shall work in close co-operation with the judge and must carry out his duties in supervising the bout while refraining from any impulsive or untimely interference. His whistle shall begin, interrupt and end the bout.

d) The referee shall order the return of the wrestlers to the mat after they have left it, or the continuation of the bout in the standing or "par terre" position (on the mat), with the approval of the judge, or failing that, with the approval of the mat chairman.

e) The referee is required to wear a red wristband on his left arm, and a blue wristband on his right arm. He shall indicate with his fingers the points corresponding to the value of a hold after its execution (if it is valid, if it has been executed within the limits of the mat, and if a wrestler has been put in a danger position, etc.), by raising the arm corresponding to the wrestler who scored.

f) The referee must never hesitate to:

- Interrupt the bout at exactly the right time, neither too soon nor too late.
- Indicate whether a hold executed at the edge of the mat is valid.

- Visibly count the five seconds during which the wrestler is held in a bridge position and award the additional point for this situation.
  - Signal and announce TOUCHE (fall) after seeking the agreement of the judge, or if this is not possible, of the mat chairman. In order to determine whether a wrestler has actually been pinned to the mat by both shoulders at the same time, the referee must say the word TOUCHE (fall), raise his hand to secure the agreement of the judge or the mat chairman, strike the mat with his hand and then blow the whistle.
- g)** The referee must:
- Rapidly and clearly order the position in which wrestling must be resumed, when he sends the wrestlers back to the centre of the mat (their feet must be in the central circle).
  - Not stand so close to the wrestlers that he obstructs the view of the judges and the mat chairman, particularly if a fall appears imminent.
  - Ensure that the wrestlers do not rest during the bout on the pretence of wiping their bodies, blowing their noses, pretending to be injured, etc. In this case, he must stop the bout and ask for a caution (0) to the wrestler at fault and 1 point to his opponent.
  - Be able to change his position from one moment to the next, on the mat or around it, and in particular, immediately fall flat onto his stomach to obtain a better view of an imminent fall.
  - Be able to stimulate a passive wrestler without interrupting the bout, by standing in such a way as to prevent the wrestler from leaving the mat.
  - Be ready to whistle if the wrestlers come too close to the edge of the mat.
  - Not interrupt the bout in Greco-Roman Wrestling in a danger position after 1 minute and 30 seconds.
- h)** The referee is also required to:
- Pay special attention to the wrestlers' legs in Greco-Roman Wrestling
  - Require the wrestlers to remain on the mat until the result of the bout is announced.
  - In all cases where agreement is necessary, first ask the opinion of the judge at the edge of the mat facing the mat chairman.
  - Proclaim the winner after agreement with the mat chairman after each period and at the end of the bout.
- i)** The referee requests penalties for violation of the rules or for brutality.
- j)** The referee, if the mat chairman intervenes, must interrupt the bout and proclaim victory by technical superiority when the wrestlers' scores are 6 points difference in one period. In this situation, he must wait for the action - either an attack or a counter attack - to be complete.

## **Article 20 - The judge**

- a)** The judge is responsible for all the duties stipulated in the general Rules of wrestling.
- b)** He must follow the course of the bout very closely without allowing himself to be distracted in any way; he must award points for each action, and

mark them on his score sheet, in agreement with the referee or mat chairman. He must give his opinion in all situations.

**c)** Following each action, and on the basis of the referee's indications (which he compares with his own evaluation) or, failing this, on the basis of the mat chairman's indications, he records the number of points awarded to the action in question, and enters the results on a scoreboard placed beside him. This scoreboard must be visible to both the spectators and wrestlers.

**d)** The judge verifies and signals the fall (TOUCHE) to the referee.

**e)** If, during the bout, the judge notices something that he feels he should bring to the referee's attention because the latter was not able to see it or did not notice it (a fall, illegal hold, passive position, etc.), the judge is obliged to do so by raising the bat of the same colour as the singlet of the wrestler in question, even if the referee has not asked for his opinion. In all circumstances, the judge must call the referee's attention to anything that seems to him abnormal or irregular in the course of the bout or in the conduct of the wrestlers.

**f)** The judge must, moreover, sign the score sheet handed to him upon receipt, and at the end of the bout, must clearly record on the score sheet the result of the bout by distinctly crossing out the name of the loser and writing in the name of the winner.

**g)** The decisions of the referee and judge are valid and enforceable without the intervention of the mat chairman, if they are in agreement - except for proclamation of victory by technical superiority, in which case the mat chairman is required to give his opinion and in case of consultation or challenge.

**h)** The judge's score sheet must accurately indicate the time at which a bout ends in the case of victory by a fall, technical superiority, withdrawal, etc.

**i)** To make it easier for the judge to supervise the bout, particularly in a delicate position, he is authorised to change positions, but only along the edge of the mat over which he has control.

**j)** He must also indicate by underlining, the last point scored which can determine the winner of the period.

**k)** Cautions for fleeing the mat, illegal holds, or brutality will be noted by an 'O' in the column of the wrestler at fault.

**l)** The judge must be very active in clinch situations and help the referee to determine the wrestler at fault in case of an improper execution of the clinch

## **Article 21 - The mat chairman**

**a)** The mat chairman, whose functions are very important, shall assume all the duties provided for in the Rules of wrestling.

**b)** He shall co-ordinate the work of the referee and the judge.

**c)** He shall order the ordered hold when the period ends 0-0 in Free-style and after 1 minute and 30 seconds in Greco-Roman.

**d)** He is obliged to follow the course of the bouts very carefully, without allowing himself to be distracted in any way, and to evaluate the behavior and action of the other officials according to the rules.

**e)** In the event of any disagreement between the referee and judge, his task is to settle the issue in order to determine the result, the number of points and the falls.

f) In no case may the mat chairman be the first to give an opinion. He must wait for the opinion of the referee and judge. He is not entitled to influence the decision.

g) The mat chairman's approval must absolutely be sought before granting a fall.

h) The mat chairman may decide to interrupt the bout in case of a serious mistake made by the referee.

i) He may also interrupt the bout if a serious scoring mistake is made by the referee and judge. In such case, he must ask for a consultation. If the mat chairman does not obtain majority during the consultation, he must stand for either the referee or judge. This consultation does not alter the wrestler's right to challenge.

j) During a bout, when the coach considers that a **blatant refereeing mistake** has been made against his wrestler and calls for a challenge, the mat chairman must wait for the action to go to neutral and stop the match. He must review the video evidence at the same time as the referee, judge, and Jury of Appeal. If the refereeing body was right, the mat chairman must make sure that no other challenge will be granted to the wrestler in question during the remaining of the match.

After the single review of the video evidence, the referee gives his decision first, followed by the judge and the mat chairman. If the mat chairman agrees with his two colleagues, the Jury of Appeal does not intervene and the decision is final, except if it notices a blatant misconduct. In such case, the decision of the Jury of Appeal shall be enforced.

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

The Jury of Appeal is formed by the FILA President or his substitute and is made up of three (3) persons chosen among the Instructors, the Bureau members, or knowledgeable refereeing people according to the different matches and wrestlers' nationality. There is one Jury of Appeal per mat.

The Jury of Appeal is responsible for controlling that all rules governing a wrestling match have been applied by the refereeing body before the winner of the period or the match can be declared by the mat chairman.

One member of the Jury of Appeal will be appointed as coordinator and will be in charge of announcing the Jury's decisions on behalf of all.

If the Jury of Appeal notices that a serious administrative, timing, or scoring mistake has been made, the coordinator must bring it to the mat chairman's attention and ask for rectification. If the Jury of Appeal notices that the mat chairman did not stop the match further to a challenge request, the coordinator must ask him to do so immediately after the action is completed.

During the video review, the Jury of Appeal will not be allowed to speak with the refereeing body that must make its decision on its own. If the majority of the refereeing body reaches an agreement (the mat chairman's agreement being mandatory, the Jury of Appeal cannot intervene, except in the case of blatant misconduct. In such case, the Jury invites the mat chairman at its table, reviews the disputed action a second time and renders its final decision. No further appeal will be possible.

If the mat chairman does not agree with the referee and the judge, then he must seek the Jury of Appeal's decision and it will be considered final and irrevocable.

## Article 23 - Penalties against the officials

The FILA Bureau, which constitutes the supreme jury, shall have the right to take the following disciplinary measures against the official(s) technically at fault:

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

## CHAPTER 5 - THE BOUT

### Article 24 - Duration of the bouts

For schoolboys, cadets, juniors, and seniors: three (3) periods of 2 minutes with a 30-second break.

For all the competitions, the timing displayed on the scoreboards will start from 0 to 2 minutes. A light of the same color as the wrestler concerned must indicate the winner of each period, and the result of each period must remain indicated.

At the end of each period, a wrestler is declared the winner. The wrestler winning two periods is declared the match winner. If the victory can be proclaimed after two periods, the third period is withdrawn. The fall stops automatically the match whatever the period.

*Freestyle and Female wrestling:* The duration of a period is 2 minutes. If at the end of the period, the score is 0-0, a maximum 30-second overtime (clinch) will be carried out.

*Greco-Roman Wrestling:* The duration of a period is 2 minutes with 1 minute 30 of standing wrestling and 30 seconds of ground wrestling (clinch). No overtime is provided.

### Article 25 - Call to the mat

The contestants are called in a loud and clear voice to present themselves on the mat. A contestant cannot be called to compete in a new bout until he has had a rest period of 15 minutes from the time his preceding bout ended.

A delay is granted to any wrestler who does not reply to the first request in the following manner:

- 1) The competitors must be called three times at 30-second intervals. If the wrestler does not come forward after the third call, he will be disqualified and will not be placed.  
**USAW Modification:** see page 66.
- 2) These calls are made in both French and English. (*English only for all USAW domestic events.*)
- 3) His/her opponent will win the bout by default.

## **Article 26 - Presentation of wrestlers (Not applicable to USAW events)**

The following ceremony takes place for each weight category in the finals for first and second places:

- The finalists are presented on the mat. The speaker announces their achievements during the bout.

## **Article 27 - Start**

Before the bout begins, each opponent answers when his name is called and takes his place at the corner of the mat assigned to him. The corner is the same color as the singlet he has been assigned to wear.

The referee, standing in the central circle in the middle of the mat, calls the two wrestlers to his side. He then shakes hands with them and examines their dress, and checks that they are not covered with any greasy or sticky substance. If there is uncertainty, the referee will take the wrestler to the mat chairman. The referee verifies that they are not perspiring, verifies that their hands are bare and that they have a handkerchief.

The wrestlers greet each other, shake hands and, when the referee blows his whistle, they start the bout.

**USAW Modification:** The athletes must come to the mat fully dressed and prepared to wrestle (must not change matside).

## **Article 28 - Interrupting the bout**

**a)** If a contestant finds himself forced to interrupt the period because of an injury or because of any other acceptable incident beyond his control, the referee may stop the bout. During such an interruption, the wrestler(s) must stand in their area. They can cover their shoulders with a towel or their dressing gown and receive advice from their coach.

**b)** If a bout cannot be resumed for medical reasons, the decision is made by the competition doctor in charge, who informs both the coach of the wrestler involved and the mat chairman; the latter then orders that the bout be stopped.

**c)** Under no circumstances may a contestant take the initiative to interrupt the action himself, by deciding to wrestle in the standing or "par terre" position, or by pulling his opponent back from the edge of the mat to the centre.

**d)** If an action must be stopped due to one wrestler deliberately injuring his opponent, the wrestler at fault will be cautioned and the injured wrestler will receive 1 point if the injured wrestler can continue. If the injured wrestler cannot continue, and all three officials agree on brutality, the offending wrestler will be disqualified.

**e)** If a wrestler interrupts the bout without blood or visible injury, 1 point will be awarded to the opponent.

## **Article 29 - End of the bout**

The bout ends either when a fall, a disqualification by injury of one of the opponents are declared, or at the end of the regular time.

A period ends either by technical superiority (6 points difference), or after the execution of a “grand amplitude” 5-point hold whatsoever the score, or after the execution of two 3-point holds whatsoever the score, or in case of an ordered hold in freestyle if the wrestler wins 1 point or more before 30 seconds, or upon expiration of the regular time, signalled by the sound of the gong and the referee’s whistle.

When a wrestler executes a 5-point hold within the regular time, the referee must wait for the possible fall. If his opponent overcomes, the referee must whistle immediately and declare the winner of the period or the match. The second 3-point hold may be followed by an immediate counter-attack which puts opponent in a danger position, the action may end up in a fall.

To win a match by technical superiority, the winner shall win two periods by technical superiority (twice 6 points difference) or two periods with a 5-point hold or one victory with a 5-point hold and one victory by technical superiority (6 points difference) or two periods with two 3-point holds.

If the referee has not heard the gong, the mat chairman must intervene and stop the bout by throwing a soft object on the mat, in order to attract the referee’s attention.

Any action begun at the time when the gong sounds is not recognized and no action performed between the sounds of the gong and the referee’s whistle is valid.

When the bout has ended, the referee stands in the centre of the mat facing the officials’ table. The wrestlers shake hands, stand on either side of the referee and await the decision. They are forbidden to lower the shoulder straps of their singlets before leaving the competition hall.

Immediately after the decision is announced, the wrestlers shake hands with the referee.

Each wrestler must then shake hands with his opponent’s coach. If the above provisions are not observed, the wrestler at fault will be penalized in accordance with the Disciplinary Regulations.

## **Article 30 - Interrupting and continuing the bout**

When the wrestling has been stopped in standing or “par terre” position, it will recommence standing.

Wrestling must be stopped and resumed at the centre of the mat in the standing position if:



- a) one foot entirely touches the protection area
- b) the wrestlers in a hold go into the red zone with three or four feet without executing the hold and stay there
- c) if the bottom wrestler's head entirely touches the protection zone.

If an attacked wrestler takes an illegal action in the “par terre” position, he will receive a caution and 1 or 2 points will be attributed to his opponent. The bout resumes in an ordered “par terre” position, without considering if the wrestler has succeeded or not in his hold.

When a challenge is requested by a coach, the mat chairman interrupts the bout when the action is back to neutral.

### **Article 31 - Overtime (freestyle and female wrestling)**

If at the end of the regular time of a period, the two wrestlers attain 0-0, the referee will stop the bout and order that the bout be resumed in an ordered hold position (article 49).

The extra time period will last a maximum of 30 seconds.

### **Article 32 - Types of victories**

#### **A bout may be won by:**

- a) a “fall”
- b) by injury, withdrawal, default, disqualification of the opponent.
- c) by technical superiority
- d) by points (winning two periods by 1 to 5 points difference)

If the wrestler executes a “grande amplitude” 5 points hold, he will be declared the winner of the period whatever the score.

If the wrestler executes two 3-point holds in the period, he will be declared the winner of the period whatsoever the score.

#### **In case of a tie by points (*with USAW clarification*)**

To declare the winner, one should see the criterion of (least) amount of cautions, (*highest*) value of holds, and last scored technical point (see layout herewith below).

In case of tie by points, the winner will be declared by successively considering the amount of cautions, the value of the holds, and the last technical point(s) scored (see layout).

**Example:**

Red Point	Blue Point	Comment	Result
1 1 1	1 1 <u>1</u>	Last technical point scored by the blue wrestler.	The blue wrestler wins
1 2	1 1 <u>1</u>	Last technical point scored by the blue wrestler. The red wrestler has scored a 2 points hold.	The red wrestler wins
1 1 <u>1</u> 0 0	1 1 1 0	Last technical point scored by the red wrestler, but he has 2 cautions, and the blue wrestler has one.	The blue wrestler wins
1 1 1	1 <u>2</u> 0	The blue wrestler has scored a 2 points hold which are the last technical points, but he has one caution.	The red wrestler wins
1 1 <u>1</u> 0	1 2 0	The red wrestler has scored the last technical point. Each of the wrestlers have one caution. The blue wrestler has scored a 2 points hold.	The blue wrestler wins
1 1 1 0 0	1 1 <u>1</u> 0 0	Each of the wrestlers have 2 cautions. The blue wrestler has scored the last technical point.	The blue wrestler wins

However, in order not to penalize the attacking wrestler, if the last point causing an even score is obtained by a hold which gives 2 points to each of the opponent because the attacking wrestler rolls on his shoulders in the execution of the hold without action from his opponent, the victory will be attributed to the attacking wrestler.

A wrestler receiving 3 cautions on the total periods of a match is disqualified.

In Freestyle, if the period ends 0-0, the winner of the period shall be the wrestler who wins the first point during the ordered hold.

**Article 33 - The coach**

The coach may remain at the foot of the platform or at least two metres from the edge of the mat during the bout. Except for the assistance he is authorised to give to a doctor who is providing medical attention to his wrestler, the coach is strictly forbidden to influence decisions or to insult the referee or judge. He may only speak to the wrestler. The coach does not have the right to give water or any other substance during the pause or during the match.

If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a 'Yellow' card (caution); if he persists, the mat chairman will present him with a 'Red' card (elimination). The mat chairman may also present the YELLOW or RED card on his own initiative.

As soon as the red card is given, the mat chairman reports to the competition director and the coach shall be eliminated from the competition and may no longer continue his duties. However, the wrestling team involved shall have the right to obtain the services of another coach. The national Federation of the eliminated coach will be penalized following the dispositions of the Disciplinary and Financial Regulations.

**USAW Modification:** A wrestler may have a maximum of two coaches in his/her corner during competition.

**USAW Modification: Certification** For all Kids & Cadet\* division regional competition, coaches coaching at mat side must be a minimum of USAW Copper Level certified. For Kids National competitions, coaches at mat side must be copper certified. \*For the Cadet, FILA Cadet, and Junior Division National Championships and National Dual Championships, all coaches must be minimum Bronze certified. **For Junior regional competitions, all coaches must be Bronze certified.**

## **Article 34 - The Challenge**

The challenge is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the refereeing body to watch the video evidence in case of a disagreement with the call. This possibility is only offered during competitions in which the video control is formally established by FILA and the Organizaing Committee.

The coach must request the challenge by throwing a soft object on the mat, immediately after the refereeing body has awarded or refused the points to the contested situation. If the wrestler disagrees with the coach's decision, then the match continues.

### **Specific Points**

- Each wrestler is entitled to one (1) challenge per match. If after reviewing the challenge the refereeing body modifies its decision, then the challenge can be used again during the match.
- If the refereeing body or Jury of Appeal confirms the decision, the wrestler loses the challenge and his opponent will receive 1 technical point.
- The mat chairman will demand to stop the match to review the challenge as soon as the situation on the mat becomes neutral.
- No challenge can be requested in the event of a fall, being understood that the fall must be confirmed by the mat chairman further to the decision of either the referee or the judge.
- No challenge can be requested after the end of the regular time of a period, except if the points are added to the scoreboard after the referee's whistle.
- The coach requesting the challenge must do so from his seat, without stepping on the mat or approaching the judge's or the mat chairman's table.
- During the review of the challenge, no consultation among the refereeing body is permitted.
- After having reviewed the action once, the referee gives his decision first and is immediately followed by the judge who gives his decision from his seat with the material available to him (paddle or electronically). If the mat chairman agrees, there will be no further intervention by the Jury of Appeal.

- If the mat chairman is in disagreement with the referee and the judge, he shall seek the opinion of the Jury of Appeal. In this case, the decision made by the Jury of Appeal and confirmed by the mat chairman is final and cannot be challenged anymore.
- It will not be possible to request a “counter challenge” once a final decision has been made by the refereeing body or Jury of Appeal.
- The challenge is taken into consideration immediately after the coach has raised the white paddle or thrown in the sponge and it will not be possible for him to withdraw it.

### **Article 35 - Team ranking during individual competitions**

The team classification is determined by the first 10 wrestlers who are classified at the competition.

Place in the weight category	Points	Place in the weight category	Points
1st	10	7th	4
2nd	9	8th	3
3rd - 3rd	8	9th	2
5th - 5th	6	10th	1

The application of the above-mentioned table remains invariable, whatever is the number of wrestlers in each category.

In the event of equal classification of several teams, the team having obtained the most first places is placed first, etc.

### **Article 36 - Ranking system during team competitions**

In principle, a team competition takes place according to FILA official weight category, that is 7 categories. If categories have to be doubled for proper reasons to the country system or team’s interest, it is recommended to have always an odd number of categories. Each team may change the wrestlers for each session, as long as they were weighed-in.

If a home-away session takes place in one day, one winner must be declared at the end of the home bout, and one at the end of the away bout. The victory obtained by a wrestler in a match gives 1 point to his team, with no regard to the way the victory has been obtained. This way each match can give a winner with an odd number.

#### **If a competition involves only two teams:**

If it is a one day home away session between two teams, and each team wins a match, they are two ranking possibilities to be determined before the beginning of the match.

- a) Having a third match to determine the winning team
- b) Determine the winning team by assessing the following criterion:

- 1) the most victories by adding the points of the 2 matches
- 2) the most victories by fall, default/forfeit/disqualification

- 3) the most match victories by technical superiority
- 4) the most period victories by superiority
- 5) the most technical points obtained in all the competition
- 6) the fewest technical points given in all the competition

### **If a competition involves more than two teams**

The same system will apply to determine the winner of the match. The winning team will receive 1 point and the losing one 0 point.

If two teams have an equal number of classification points at the end of the competition, the winner will be determined on bases of the result of their match.

### **If 3 or more teams have an equal number victories**

The following principle will apply to rank the worst team(s):

- The fewest classification points
- The fewest victories by fall, default/forfeit/disqualification
- The fewest match victories by superiority
- The fewest period victories by superiority
- The fewest technical points obtained in all the competition
- The most technical points given in all the competition.

The two remaining teams will be ranked according to the result of their direct match.

***USAW Modification:*** *USAW has established special policies and rules for all domestic Regional and National Dual Team competitions. These are available upon request.*

## **CHAPTER 6 - POINTS FOR ACTIONS AND HOLDS**

### **Article 37 - Evaluation of the importance of the action or hold**

In order to remove simulation during bouts, when a wrestler tries unsuccessfully to execute a hold and finds himself underneath in a “par terre” position without a move by his opponent, the wrestler above will not be awarded a technical point. Wrestling continues in a “par terre” position without the referee stopping the bout.

However, if, during a hold, the defending wrestler executes a counterattack and is able to bring his opponent to the ground, he will be awarded the point(s) that correspond to the action.

If the attacking wrestler executes a hold on his own bridge, holds this position for a certain amount of time, and then completes his action by placing his opponent in the bridge position as well, he will not be penalized. Only the attacking wrestler will be awarded the points, as he will have completed the action in a hold that involved risks.

However, if the offensive wrestler is blocked under control in the bridge position or by a counteraction by his opponent, it is clear that points will be awarded to the latter wrestler.

Furthermore, the wrestler on whom a hold was initiated may only be awarded points if, by his own action, he has:

- a) brought the offensive wrestler to the ground
- b) conducted the action on a continuous basis
- c) succeeded in controlling the offensive wrestler by blocking him in a bridge position, that is, in a position considered completed
- d) The referee must wait for the end of each situation prior to awarding the point values earned by each wrestler.
- e) In cases where the wrestlers' actions lead them to change from one position to another, the points for all the actions are awarded according to their value.
- f) The instantaneous fall does not exist (article 44). If the wrestler falls instantly from a standing position following a move by his opponent, the attacker receives three points. If the wrestler falls instantly during his own move, his opponent receives two points. When wrestling in the "par terre" position when the wrestler is in the situation of instant fall, his opponent receives two points.
- g) Rolling from one shoulder to the other using the elbows in the bridge position, and vice-versa, is considered to be only one action.
- h) A hold must not be considered to be a new action until the competitors return to the initial position.
- i) The referee will indicate the points. If the judge agrees, he will raise the bat bearing the colour and value in question (1,2,3 or 5 points). In the event of any disagreement between the referee and judge, the mat chairman must make a decision in favour of one or the other of the wrestlers; he is not allowed to give a different opinion.
- j) In the event of a fall that occurs at the end of regulation time, only the sound of the gong (and not the referee's whistle) is valid.
- k) At the end of a period, any hold is valid if it was completed before the gong sounded. In no event may a hold finished after the sound of the gong be counted.

### **Article 38 - Danger position**

A wrestler shall be considered in the 'danger position' when the line of his back (or the line of his shoulders) vertically or in parallel with the mat, forms an angle of less than 90 degrees to the said mat and when he resists with the upper part of his body to avoid a 'fall'. (See definition of 'fall').

The 'danger position' occurs when:

- a) the defending wrestler assumes the bridge position to avoid being pinned
- b) the defending wrestler, with his back toward the mat, supports himself on one or both elbows to avoid having his shoulders forced onto the mat

c) the wrestler has one shoulder in contact with the mat and at the same time exceeds the 90 degree vertical line with the other shoulder (acute angle)

d) the wrestler finds himself in the 'instantaneous fall' position, that is, when he is on both shoulders for less than one second

e) the wrestler rolls on his shoulders

The 'danger position' no longer exists when the wrestler exceeds the 90 degree vertical line with his chest and stomach facing the mat.

If the mat and the competitor's back form a 90 degree angle only, this cannot yet be considered a 'danger position' (the neutral point).

### **Article 39 - Recording the points**

The judge marks the points obtained for the actions and holds executed by the wrestlers on a score sheet, as each action is performed during the bout.

The points of the action bringing about a fall are to be noted on the score sheet by a circle.

The caution for fleeing the mat, fleeing a hold, refusal to start, illegal hold and brutality shall be noted by (0). After each caution (0) the opponent will automatically receive one or two technical points, depending on the gravity of the infraction.

In the case of a tie in points, the last technical point scored shall be underlined.

### **Article 40 - High amplitude throw**

Any action or hold by a wrestler in the standing position is deemed to be a 'grande amplitude' throw when:

- it causes his opponent to lose all contact with the ground, controls him, makes him describe a broadly sweeping curve in the air, and brings him to the ground in a direct and immediate danger position
- in the "par terre" position, any complete lift from the ground executed by the attacking wrestler, whether the attacked wrestler lands belly down (3 points) or in a danger position (5 points), is also considered a grand amplitude throw

**N.B.** If the wrestler executing a grand amplitude hold himself touches the mat with both shoulders, he receives 3 or 5 points and his opponent receives two points, due to the instantaneous fall in the execution of the throw.

### **Article 41 - Value assigned to actions and holds**

#### **1 point:**

- to the wrestler who brings his opponent to the ground by passing behind him, and while in this position holding him down with control

(three points of contact: two arms and one knee or two knees and one arm or the head or two arms and the head)

- to the wrestler who applies a correct hold while standing on the mat or in the “par terre” position but who does not place his opponent in danger
- to the wrestler who overcomes, holds and controls his opponent by passing behind him
- to the wrestler who blocks his opponent on one or two outstretched arms, his back facing the mat
- to the wrestler who is prevented from completing a hold because his opponent is maintaining an irregular hold, but who finally succeeds in completing the hold
- to the attacking wrestler whose opponent flees the hold, the mat, refuses to start, commits illegal actions or acts of brutality
- to the wrestler who holds his opponent in a position of danger for five seconds or longer
- to the wrestler whose opponent goes in the protection zone with one entire foot (standing position)
- to the wrestler whose opponent regularly refuses to take an ordered hold in free style
- to the ordered wrestler in par terre position in greco style whose opponent has not been able to score any technical point during the regulatory 30 seconds
- all the stops of bout by injury without bleeding or any visible injury are penalized by 1 point to the opponent
- to the wrestler whose opponent refuses correct ordered hold in GR ordered hold
- to the wrestler whose opponent requested a challenge if initial decision is confirmed
- to the wrestler who did not get scored on during overtime in freestyle wrestling

## **2 points:**

- to the wrestler who applies a correct hold while wrestling in the “par terre” position and places his opponent in a position of danger or in an instantaneous fall position
- to the attacking wrestler whose opponent rolls onto his shoulders
- to the attacking wrestler whose opponent flees the hold by jumping off the mat in a position of danger
- to the attacking wrestler whose opponent engages in an illegal hold which prevents him from completing a hold or a fall he had initiated
- to the defending wrestler if the attacking wrestler goes into the instantaneous fall position or rolls onto his shoulders in executing a hold
- to the wrestler who blocks his opponent in the execution of a hold from the standing position, in a position of danger
- to the top wrestler whose opponent refuses correct par terre position in Greco-Roman ordered hold



**3 points:**

- to the wrestler performing a hold in a standing position, which brings his opponent into a danger position by direct projection over a short amplitude
- for any hold executed by raising a wrestler from the ground, over a short amplitude, even if one or both of the attacking wrestler's knees are on the ground, provided that the defending wrestler is immediately placed in a danger position
- to the wrestler who executes a grande amplitude hold which does not place the opponent in a direct and immediate danger position

**NB.** If, in performing a hold, the defending wrestler maintains contact with the mat with one of his hands, but is immediately placed in a danger position, the attacking wrestler will receive three points.

**5 points:**

- all high amplitude throws executed in a standing position which bring the defending wrestler to a direct and immediate danger position
- the hold executed by a wrestler in the "par terre" position who completely lifts his opponent off the ground with the execution of a grande amplitude throw which projects the opponent into a direct and immediate danger position

**Article 42 - Decision and vote**

**a)** The referee shall indicate his decision by raising his arm and clearly showing the points with his fingers. If the referee and judge agree, the decision is announced.

**b)** The mat chairman is not entitled to influence or change a decision if the referee and judge are in agreement except if he calls for a consultation or after a challenge.

**c)** If a vote is taken, the judge and mat chairman must indicate their votes using bats or an electric score board.

There are 11 bats, painted different colours: blue, red and white, as follows:

- one white
- five red, four of which are numbered 1, 2, 3, 5 to indicate the points and one of which is an unmarked bat intended for cautions and to attract attention to the wrestler concerned
- five blue bats, four of which are numbered as the red bats, with one bat unmarked

They must be kept within easy reach of those who are to use them. Under no circumstances may the judge abstain from voting. He must express his decision clearly, leaving no room for ambiguity.

In case of disagreement, the mat chairman makes the decision. This decision, in which he must decide between the opposite opinions of the referee and judge, obliges the mat chairman to vote in all cases for one or the other views given.

**d)** If the period lasts until the end of the allotted time, the mat

chairman's score sheet will be taken into consideration when designating the winner. The public scoreboard must conform to the mat chairman's score sheet at all times during the bout.

If there is a difference of 1 or more points between the judge's and mat chairman's score sheets, only the score on the mat chairman's score sheet will be considered.

**USAW Modification: MAT CHAIRPERSON** - For Junior, Cadet, and Kids Division events, the Mat Chairperson may call a conference of the officiating team if an error has been made. This may be done even if both the judge and referee agreed on the call or situation in question.

**For sample bout sheet, see page 136.**

## Article 43 - Decision table

### Assignment of points

When observing a wrestling action, the referee and judge award the points, cautions, indicated below which, in each of the cases put forward, provides the following result:

R = red wrestler    B = blue wrestler    O = zero points

Position of the official

Referee	Judge	Mat chairman	Official result	Observations
1R	1R	-	1R	In these examples the judge and referee being in agreement, the mat chairman does not intervene except for serious fault
2B	2B	-	2B	
3R	3R	-	3R	
5R	5R	-	5R	

Referee	Judge	Mat chairman	Official result	Observations
1R	0	0	0	In these examples the judge and the referee being in disagreement, the mat chairman intervenes and the principle of majority applies
1B	1R	1R	1R	
2R	1R	2R	2R	
2B	0	2B	2B	
3R	2R	2R	2R	
3B	1R	3B	3B	

In the event of any flagrant violation of the Rules, the mat chairman must call for a consultation.

At the end of each period, the score starts from zero for the following period.

## CHAPTER 7 - CLASSIFICATION POINTS AWARDED AFTER A BOUT

### Article 44 - Classification points

The classification points awarded to a wrestler shall determine his final ranking.

#### 5 points for the winner and 0 for the loser:

- victory by fall (with or without technical point for the loser)
- injury
- withdrawal, forfeit (see page 66 for USAW Modification default)
- disqualification
- **USAW Modification: For Cadet & Junior Nationals - failure to make weight, if he/she is eliminated on the 2nd day weigh-in.**

#### 4 points for the winner and 0 for the loser:

- victory by technical superiority in both periods (6 points difference, 5-point hold or two 3-point holds), with the loser scoring no technical points

#### 4 points for the winner and 1 for the loser:

- victory by technical superiority in both periods (6 points difference, 5-point hold or two 3-point holds) with loser scoring technical points

#### 3 points for the winner and 0 point for the loser:

- when out of three periods, the wrestler wins two periods of 1 to 5 points and the loser scoring no point

#### 3 points for the winner and 1 point for the loser:

- when during at least one period the bout ends by a victory by points during regular time or by an ordered hold and the loser scoring one or several technical points.

#### 0 point for the red wrestler and 0 point for the blue wrestler

- in case both wrestlers have been disqualified due to infraction to the rules.

### Article 45 -The fall

When the defensive wrestler is held by his opponent with his two shoulders against the mat for a sufficient time to allow the referee to observe the total control of the fall, the resulting manoeuvre is considered to be a fall. For a fall at the edge of the mat to be recognized, the opponent's shoulders must be completely in the red zone and the head must not touch the protection area.

A fall in the protection area is not valid.

If the wrestler is pinned on both shoulders as a consequence of a rule infringement or an illegal hold for which he is responsible, the fall will be considered valid for his opponent.

The fall observed by the referee will be valid if confirmed by the mat chairman. If the referee does not indicate the fall, and if the fall is valid, it may be announced with the consent of the judge and mat chairman.

Consequently, to be observed and recognized, the fall must be clearly maintained. The two shoulders of the wrestler in question must be simultaneously touching the mat during the short period of stoppage specified in the first paragraph, even in the case of a standing rear body lock and lift. In all cases, the referee will strike the mat only after he has obtained confirmation from the judge or, failing this, from the mat chairman. The referee will then blow his whistle in order to end the bout.

It will not be possible to request any challenge in case of a fall, being understood that the fall must be validated by the mat chairman following the judge or referee's decision.

**USAW Modification:** *The time required for a fall in all Kids Division competition is two seconds.*

#### **Article 46 - Technical superiority**

Except for the fall, default, disqualification, the bout of one period must be stopped before the end of regular time regardless of the score when :

- there are 6 points difference between the wrestlers,
- a wrestler has scored two 3-point holds.
- a wrestler has scored one 5-point hold.

The bout may not be interrupted to declare the winner by technical superiority until the action is completed (see article 29).

The mat chairman signals the referee when the difference of six points has been attained. The referee shall declare the winner after consulting with members of the officiating team, for a period or for the match (in which the wrestler won two periods by superiority).

### **CHAPTER 8 - NEGATIVE WRESTLING**

#### **Article 47 - “Par terre” position during the bout**

If one of the wrestlers brings his opponent to the ground during the match, wrestling continues in the “par terre” position and the wrestler underneath may counter his opponent's efforts, stand up or carry out counter-attacks of his choice.

If a wrestler brings his opponent to the ground and owing to good defensive action by the attacked wrestler is unable to initiate an action, the referee stops the bout after a reasonable period of time and has the wrestlers resume the bout in a standing position.

The attacking wrestler is forbidden to resume the bout after ATTENTION is given by jumping off his opponent. If he does so, the referee must give him a caution, give 1 point to his opponent, and ask the wrestler in a “par terre” position to stand up again.

The wrestler on top has no right to interrupt the bout nor to request that wrestling resume in a standing position.

#### **Ordering of “par terre” position**

The initial position of wrestlers in “par terre” position before the referee blows his whistle is as follows:

The wrestler ordered in the “par terre” position must have knees and

hands in the centre circle. Distance between his hands and knees shall be at least 20 centimeters. Arms shall be stretched out, feet shall not be crossed, and the superior part of the legs shall be stretched out forming a 90° degree angle with the mat.

The top position wrestler is placed behind his opponent, hands on his shoulders. He can be in a standing position, or have a knee on the floor.

### **Article 48 - Red zone**

The red zone is provided for the purpose of detecting the passive wrestler; it is also intended to help eliminate systematic wrestling on the edge of the mat and any departures from the wrestling area.

- any hold or action begun on the central wrestling area and ending within that zone are valid including position of danger, counterattack and fall.
- any hold or counter attack begun in the standing position on the central wrestling area of the mat (apart from the red zone) is good, regardless of the place where it finishes (wrestling area, red zone or protection area).
- however, if it ends in the protection area, the bout is stopped and the wrestlers are returned to the centre of the mat. In the standing position, points will be awarded according to the value of the hold.
- a fall in the protection area is not valid. The bout must be interrupted and the wrestlers returned in standing position to the centre of the mat because the hold ended off the mat.
- in a case where the attacking wrestler executing the hold arrives in a fall position in the protection zone, the bout shall be stopped and his opponent shall receive two points. The bout shall be resumed in the centre of the mat, in standing position.
- In the execution of their started holds and actions, and which have begun on the central surface of the mat, the wrestlers can enter the red zone with three or four feet and continue their actions or holds in all directions, provided that nothing interrupt the execution of their hold (pushing, blocking, pulling).
- an action or a hold may not be commenced in a standing position in the red zone, except under the strict condition that the wrestlers engaged in the hold have only two feet in the zone. In this case, the referee will tolerate the situation for a limited period of time, waiting for the hold to be developed.
- if the wrestlers interrupt their action in the red zone and stay there or if without any action they place two, three or four feet there, the referee interrupts the bout and brings the wrestlers back to the centre, the bout resumes in standing position.
- in all cases, in standing position, if one of the attacking wrestler's foot is in the protection area, that is outside the red zone, the referee interrupts the bout.
- when the defending wrestler's foot is in the protection area, but the attacking wrestler carries out a hold without interruption, the hold is good. If the attacking wrestler does not carry out the hold, the referee interrupts the bout.
- when the defending wrestler places one of his foot in the red zone, the referee must call 'ZONE' in a loud voice. Upon hearing this word, the

wrestlers must endeavor to return towards the centre of the mat without interrupting their action.

- in wrestling in “par terre” position, any action, hold or counterattack executed from or in the red zone is good, even if it ends in the protection area.
- the referee and judge will award points for all actions initiated in “par terre” position in the red zone and executed in the protection area. However, the bout will be interrupted and the wrestlers returned to the centre in a standing position.
- in wrestling in “par terre” position, the attacking wrestler may continue his action if he moves out of the zone while executing the hold, provided that the shoulders and head of his opponent are within the zone. In this case, even four legs may be off the mat.

### **Article 49 - Ordered hold**

The ordered hold is different in Freestyle and Greco-Roman wrestling because it has two different functions.

#### **The ordered hold in freestyle**

It determines the winner of a period ending 0-0 at the end of the 2 minute period. The duration is 30 seconds maximum. The first technical point scored will determine the winner.

The contestant who will have the advantage to take the ordered hold will be designated by a draw.

The contestant who loses by drawing must advance one leg in the middle of the central circle and the other one outside of the central circle.

The contestant who wins the draw must indicate to the referee the leg his opponent must put in the middle of the central circle: the right or the left leg.

The winner of the draw of lots grabs the leg of his opponent (between knee and middle part of upper leg) with both of his arms around this leg in the position he wishes. His head must be placed on the outside of his thigh.

The top position contestant must place both of his hands on the shoulders of his opponent.

The referee whistles when the position is correct and the wrestling can start.

The first point scored interrupts the match and determines the winner.

At the end of the 30 seconds period, if the wrestler who had the advantage to take the hold has not scored any technical points, his opponent will obtain one technical point and be declared the winner of the period.

#### **The ordered hold in Greco-Roman style**

A period of Greco-Roman wrestling consists of 1 minute 30 seconds wrestling in a standing position and 30 seconds wrestling in a par terre position. Wrestling starts in the center of the mat in a standing position. The wrestlers can carry out any possible actions.

After the 1 minute 30 seconds, the referee will stop the match and order a wrestler in the ordered hold par terre position. The wrestler who wins the bout at this moment (following the established criterion for the victory of the bout in article 32) will take the hold first.

If none of the two wrestlers has scored technical points, the referee decides by a draw which wrestler will take the par terre position. The winner of the draw will take the ordered hold in first.

The wrestler who takes the clinch will be able to choose between the side position and lift or the back position, standing or one knee to the mat, with his hands resting on the opponent's shoulders. In all periods, the wrestler who wins by points after 90 seconds will have the advantage of the clinch and will not be penalized if he does not score during the 30 seconds. In such situations, if the top wrestler does not advance his position, the wrestlers will be placed in standing position again to complete the period. At the end of the 2 minutes, the winner of the period is declared.

If after 90 seconds the score of the period is tied 0-0, the advantage of the clinch will first be given to the red wrestler and if the situation is repeated in a second period, the advantage of the clinch will be given to the blue wrestler. When the clinch is ordered after a score of 0-0, the top wrestler has to score to win the period. If the top wrestler does not score any point(s), the bottom wrestler will receive 1 point and win the period.

If each wrestler won a period and the third period is tied by 0-0, the choice of the position, top or bottom, will be given to the wrestler who scored the highest number of technical points in the first two periods (added together). If the two wrestlers scored the same number of technical points, the following criteria will be taken into consideration:

1. Least number of cautions
2. Highest value of the points
3. Draw

If no technical point is scored during the 30 seconds, 1 point will be awarded to the bottom wrestler and he will be declared the winner of the match.

**Examples:**

	RED	BLUE
Period 1	3	---
Period 2	---	3
Period 3	1	1

The blue wrestler scored the last technical point in the third period. He wins the clinch and he will not be penalized if he does not score during the last 30 seconds.

	RED	BLUE
Period 1	111	3
Period 2	2	1
Period 3	1	---

The red wrestler wins the clinch and he will not be penalized if he does not score during the last 30 seconds.

	<b>RED</b>	<b>BLUE</b>
<b>Period 1</b>	<b>3</b>	<b>---</b>
<b>Period 2</b>	<b>1</b>	<b>2</b>
<b>Period 3</b>	<b>---</b>	<b>---</b>

The red wrestler gets to choose the position (top or bottom). If the top wrestler does not score, 1 point will be awarded to the bottom wrestler who will win the match.

	<b>RED</b>	<b>BLUE</b>
<b>Period 1</b>	<b>3</b>	<b>---</b>
<b>Period 2</b>	<b>---</b>	<b>3</b>
<b>Period 3</b>	<b>---</b>	<b>---</b>

The referee draws a ball and the wrestler who gets picked takes the top position. If the top wrestler does not score, 1 point will be awarded to the bottom wrestler who will win the match.

	<b>RED</b>	<b>BLUE</b>
<b>Period 1</b>	<b>5</b>	<b>---</b>
<b>Period 2</b>	<b>---</b>	<b>3</b>
<b>Period 3</b>	<b>1</b>	<b>1</b>

The blue wrestler scored the last technical point during the third period. He wins the clinch and he will not be penalized if he does not score during the last 30 seconds.

	<b>RED</b>	<b>BLUE</b>
<b>Period 1</b>	<b>2-0</b>	<b>11</b>
<b>Period 2</b>	<b>3</b>	<b>111</b>
<b>Period 3</b>	<b>---</b>	<b>---</b>

The blue wrestler gets to choose the position (top or bottom). If the top wrestler does not score, 1 point will be awarded to the bottom wrestler who will win the match.

	<b>RED</b>	<b>BLUE</b>
<b>Period 1</b>	<b>2</b>	<b>1</b>
<b>Period 2</b>	<b>1</b>	<b>2</b>
<b>Period 3</b>	<b>---</b>	<b>---</b>

The referee draws a ball and the wrestler who gets picked takes the top position. If the top wrestler does not score, 1 point will be awarded to the bottom wrestler who will win the match.

The wrestler in the “par terre” position must have knees and hands in the centre circle. Distance between his hands and knees shall be at least 20 centimetres and the distance between the hands shall be a maximum of 30 centimetres. Arms shall be stretched out, feet shall not be crossed, and the superior part of the legs shall be stretched out forming a 90° degree angle with the mat, according to the following layout. The wrestler who takes the ordered

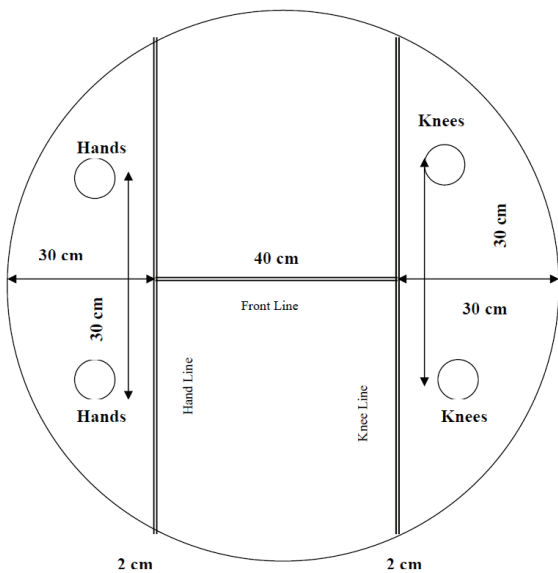


position can choose between the side position and lift or the back position, standing or one knee to the mat, with his hands resting on the opponent's shoulders.

During the Greco-Roman clinch situation, each infraction by the bottom wrestler will be penalized by a caution and 1 or 2 points to his opponent. The bout will be started again "par terre" and in the clinch position. If the infraction occurs by bottom wrestler after the clinch hold was broken, the wrestler at fault will be penalized by a caution and 1 or 2 points to his opponent, the bout will start again in par terre position of the ordered "mise à terre." In case both wrestlers come in standing position after the clinch hold is broken, and one wrestler avoids an attack by making a fault, he will be penalized by a caution, and 1 or 2 points to his opponent and the bout must continue in standing position until the end of the 30 seconds.

### Layout for the ordered hold position in Greco-Roman

In order to clarify the position of the wrestlers during the ordered hold in Greco-Roman and to avoid penalty, a correct position scheme must be drawn on the mat, as detailed below.



Possibility of position of one foot or two feet on the line. The foot/feet must not go beyond the line.

In order to execute the ordered hold, the top wrestler grabs the wrestler in the "par terre" position by his waist, with his head towards his opponent's back, and executes a reverse body-lock, hand on hand or hand in hand. The wrestler who takes the hold can be in a standing position or have one knee on the mat. **USAW Modification:** For all age groups 14 years and younger the athlete executing the reverse body lock in the clinch situation must have both knees on the mat.

At the referee's whistle, he must take hold at once, with both arms and without simulating. In any case, the wrestler cannot push his opponent with his leg or make gestures towards the referee regarding his opponent's position. If the attacking wrestler simulates or pushes with his legs, the referee must stop the match and warn the wrestler at fault with ATTENTION. If the attacker repeats the violation a second time, the referee must apply the proper sanction by awarding a caution and 1 point to the opponent. Wrestling resumes in standing position.

Once the hold is executed, the referee whistles and the top wrestler can execute the hold. His opponent can start defending himself. During these 30 seconds, both wrestlers can execute all possible actions, in a standing or a "par terre" position.

All the Greco-Roman periods take place in the same manner.

## **Special Situations**

- If the bottom wrestler refuses to correctly apply the ordered hold, the referee will strongly warn him first by using the word ATTENTION. If the wrestler doesn't obey at the second referee's warning, he will receive a caution and 2 points will be awarded to his opponent. A new ordered hold will then be ordered for the same wrestler.

- If at the end of the 1 minute and 30 seconds, a wrestler is placed in a danger fall position, the referee will not stop the match, and the mandatory par terre position will be eliminated.

- If the top wrestler refuses to apply the ordered hold, the referee will strongly warn him first by using the word ATTENTION. If the wrestler doesn't obey the second referee's warning, he will receive a caution and 1 point will be awarded to his opponent. He will then lose the right to place his opponent in the ordered hold par terre position and wrestling will continue in a standing position for the last 30 seconds.

- In case both wrestlers come into the standing position during the 30 seconds of the ordered hold, the bout will continue in the standing position until the end of the 30 seconds.

- The same procedure will apply for all age categories.

## **CHAPTER 9 - PROHIBITIONS AND ILLEGAL HOLDS**

### **Article 50 - General prohibitions**

Wrestlers are forbidden to:

- pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent or making him suffer to force him to withdraw

- kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth

- thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering, or hold the opponent by his singlet

- cling to or grasp the mat
- talk during the bout
- seize the sole of the opponent's foot (only seizing the upper part of the foot or the heel is permitted)
- agree the match result between themselves

### **Article 51 - Fleeing a hold**

Fleeing a hold occurs when the defending wrestler openly refuses contact in order to prevent his opponent from executing or initiating a hold. These situations arise in both the standing and "par terre" positions. They may occur in the central wrestling area or from the central wrestling area to the red zone. Wrestling action, either standing or par terre, does not need to be stopped in order for ATTENTION to be given.

Fleeing a hold shall be penalized in the same way as fleeing the mat, that is:

- ATTENTION will be given (with or without stopping the match)
- one caution against the wrestler at fault (0)
- one point to the opponent

### **Fleeing hold on the ground in Greco-Roman Wrestling**

When a wrestler is on the ground following an action by his opponent and he then jumps forward to prevent his being caught for a hold, he puts his opponent in the position of committing an illegal hold - holding the thighs of the "escaping" wrestler, will be considered as a fleeing of a hold.

The referee must not allow this situation which is a fleeing the hold offence by the fleeing wrestler. He must therefore be very clear and precise in the manner in which he deals with this offense.

- The first time that the wrestler on the ground jumps forward to avoid being caught by his opponent, the referee must warn aloud "attention, no jump".
- The second time, the referee must request a caution and 1 point for fleeing the hold, stop the match following agreement by the judge and the match chairman, make the wrestlers stand up, signal the offense and restart the match in standing position.

This method is valid for penalizing fleeing the hold when the wrestler jumps forward. However, the defense of moving laterally to avoid a hold is authorized and should not be sanctioned.

The wrestler who is dominated on the ground in Greco-Roman does not have the right to bend or raise either or both of his legs to prevent a hold being executed.

If a dominated wrestler on the ground uses his legs as a defense, he will receive a caution (O) and his opponent two points.

### **Standing in Freestyle and Greco-Roman Wrestling**

The wrestler who refuses contact in Freestyle and Greco-Roman wrestling or who gesticulates to simulate contact must be sanctioned as he is cheating and going against the spirit of wrestling.

The referee must give an amicable verbal caution the first time, saying “red contact” or “blue contact”. If the wrestler still refuses contact, he will be penalized with a caution and his opponent will receive one point for fleeing the hold. After the referee stops the bout, wrestling resumes in a standing position.

### **Article 52 - Fleeing the mat**

When a wrestler flees the mat, from either a standing or “par terre” position, a caution shall immediately be issued against the wrestler at fault.

The following points shall be awarded to the attacking wrestler:

Fleeing the mat

- one point + one caution against the opponent (0)

Fleeing the mat in a position of danger:

- two points + caution against the opponent (0)

All points for fleeing the mat are considered technical points. Also, all fleeing the mat in standing position gives one point to the opponent, whether the wrestler has been pushed outside or not.

On the other hand, the action which consists of voluntarily carrying the opponent out of the mat will give 1 caution to the carrying wrestler and 1 point to his opponent.

The standing position consisting of voluntarily maintain the opponent to a distance or to break contact will penalize the faulty wrestler of 1 caution and 1 point will be attributed to his opponent, just like for the hold escape.

### **Article 53 - Illegal holds**

The following holds and actions are illegal and strictly prohibited:

- throat hold
- twisting of arms more than 90 degrees
- arm lock applied to the forearm
- holding the head or neck with two hands, as well as all situations and positions of strangulation
- double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body
- bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle
- executing a hold by stretching the opponent's spinal column
- chancery hold with one or two hands in any direction whatsoever
- the only holds allowed are with the head and one arm
- in standing holds executed from behind when the opponent is head down (reverse waist hold), the fall must be executed only to the side and never from top to bottom (header)
- in executing a hold, only one arm may be used to hold the opponent's head or neck

- lifting the opponent who is in a bridge position and then to throw him/her onto the mat (severe impact on the ground); that is, the bridge must be forced down
- breaking the bridge by pushing in the direction of the head
- generally, if the attacking wrestler is found to have violated the Rules during the execution of a hold, the action in question shall be completely void and on the first offence, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats his violation, he will be punished by a caution and one point will be awarded to his opponent.
- if a defending wrestler, by an illegal action, prevents his opponent from developing his hold, the defending wrestler will be cautioned. His opponent will receive two points.

### **Prohibited holds for female wrestling**

All double Nelson holds in the "par terre" or standing position are forbidden in female wrestling.

### **Prohibited holds for schoolboys and cadets (includes USAW Cadets and FILA Cadets)**

To protect the health of young wrestlers, the following holds are considered illegal and prohibited for the schoolboy and cadet categories:

- Double Nelson from both the front and side
- In freestyle, a leg hook on the opponent's leg, in addition to the double Nelson

### **Referee's duty towards the competitor committing a violation:**

If the attacking wrestler can carry out the action in spite of an illegal hold of the defending wrestler:

- stop the violation
- ask for a caution
- give 1 point to the opponent
- give the value corresponding to the hold to his opponent
- stop the match
- resume wrestling in the standing position

If the attacking wrestler cannot carry out his action because of an illegal hold of the defending wrestler

- stop the match and ask for a caution
- give 2 points to his opponent
- resume wrestling in the position where the infraction occurred

## Article 54 - Special prohibitions

- In Greco-Roman wrestling, it is forbidden to grasp the opponent below the hips and to squeeze him with the legs. All pushing, pressing or 'lifting' by means of contact with the legs on any part of the body of the opponent is also strictly forbidden.
- In Greco-Roman wrestling, unlike in freestyle wrestling, it is necessary to accompany the opponent to the ground and to stay in contact with him in order for a hold to be valid.
- In Freestyle wrestling, a scissor-lock with the feet crossed on the head, neck or body is forbidden.

## Article 55 - Consequences affecting the bout

The illegal hold of the attacked wrestler shall be stopped by the referee without interrupting the hold if possible. If there is no danger, the referee allows the development of the hold and waits for the result. He then stops the match, gives the points and a caution to the wrestler at fault.

If the hold begins properly and then becomes illegal, the hold should be evaluated up until the beginning of the infraction, then the match should be stopped and wrestling should be made to continue in a standing position with the attacking wrestler receiving an amicable caution. If the wrestler attacks again with an illegal hold, the referee will stop the match, give a caution (0) to the wrestler at fault, one point to his opponent.

In all cases, in the event of any willful butting with the head or any other brutality, the wrestler at fault may be eliminated immediately from the bout by a unanimous decision of the officiating team, or disqualified from the competition and placed last with a comment "eliminated for brutality".

**USAW Modifications/Clarification: DISQUALIFICATION** - After three cautions for fleeing the mat, fleeing a hold, incorrect starting position and/or illegal holds, the wrestler at fault will be disqualified. All cautions will result in technical points being awarded to the offended wrestler.

*Cautions are applied as follows:*

- *Fleeing the mat: A caution is charged against the wrestler at fault, 1 point awarded to the attacking wrestler.*
- *Fleeing the mat in a position of danger: A caution is charged against the wrestler at fault, 2 points awarded to the attacking wrestler.*
- *Fleeing a hold: A caution is charged against the wrestler at fault, 1 point awarded to the attacking wrestler.*
- *Illegal hold which does not prevent a hold from scoring: Points for the action are scored, a caution is charged against the wrestler at fault, 1 point awarded to the attacking wrestler.*
- *Illegal hold which does prevent a hold from scoring: A caution is charged against the wrestler at fault, 2 points awarded to the attacking wrestler.*

*Disqualification for misconduct or brutality may be penalized by loss of the bout and/or removal from the entire competition at the discretion of the*

*officiating team. For loss of the bout, two of the three officials must agree on the penalty. For removal from the competition, the officiating team must all agree on the penalty. A recommendation for disqualification from the tournament shall be reviewed by the protest committee.*

## CHAPTER 10 - THE PROTEST

### Article 56 - The protest

No protest may be lodged at the end of a match. Under no circumstances may the result of a match be modified after victory has been declared on the mat.

If the FILA President or the responsible person for refereeing notes that the refereeing body have abused their power to modify a match result, they can examine the video and, with the agreement of the FILA Bureau, sanction those responsible as laid down in the provisions of the Regulations for International Refereeing Bodies.

### **USA Wrestling Protest Procedures:**

## PROTEST PROCEDURES

A written protest may be submitted when a flagrant violation of the rules of wrestling or an irregular situation is noted. The protest must be filed in writing on an official protest form available from the chief pairing master.

On any protest involving application or interpretation of the rules, the mat chairman must be notified immediately after the end of the bout that a protest is imminent. The written protest must be filed no later than 30 minutes after the end of the bout.

The protest must be submitted to the chief pairing master, who shall forward it to the committee. Each protest must be accompanied by a fee of **\$100**, which will be refunded if the protest is upheld.

**In the cases of video review, the FILA protest procedures shall apply, which may be modified by USAW. Only USA Wrestling official authorized video footage may be used in any video review.**

These rules are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

### **A protest may be accepted and examined when:**

- There has been a flagrant violation of the rules.
- There has been a timing error, during which the score of the bout changed.
- Two wrestlers have arrived at a prior agreement regarding the outcome of their bout, to influence the classification of an opponent.
- The judge and referee have awarded points in a unanimous manner and the mat chairman has changed their decision.
- Points are entered in inverse order on the judge's and mat chairman's score sheets, by error, or
- Points have been awarded by majority vote of the officiating team and, by error, these points have not been entered on the score sheets.

## **A protest may not be accepted nor examined when:**

- It concerns the officials' judgment.
- It concerns disqualification of one or both wrestlers for cautions, brutality or violation of the rule.
- It concerns a period in which a fall has been called and confirmed, unless the period/match should have been ended prior to the fall occurring (ie.: technical superiority previously occurred).
- The outcome of the protest will not change the winner of the period or match.

If the protest is accepted, it shall be examined by the protest committee which makes the final decision. After a decision is reached, the party filing the protest shall be provided a written explanation of the ruling. If the protest is upheld, the other party also shall receive a copy.

*The general rule is that the evaluation of any protest by the tournament committee (see page 62) should provide a clear winner. Due to the FILA rule, regarding the way the bout is conducted in terms of periods, the rules for protesting a period of a bout are as follows: a bout may only be protested at the conclusion of the entire bout -- not at the end of any given period. If, due to a flagrant violation of the rules or an irregular situation during any one period, a protest may be filed regarding that period in question if the decision of the protest may affect the determination of the winner of the bout. If the protest committee is unable to declare a clear winner of the period in protest, after a mandatory 15 minute rest period, the wrestlers will be reassigned to a mat and the particular period in protest will be re-wrestled. The results of this re-wrestled period are final and shall be accepted as the official result. The outcome of this re-wrestled period shall be considered in determining the status of the bout.*

The score sheet signed by the mat chairman and by the winning wrestler shall be accepted as the official result, even if it differs from the visual scoreboard, unless — in consideration of a protest — the committee determines that a rule was improperly applied.

If the scoring totals shown on the mat chairman's score sheet differ from the actual totals of the individual points recorded, through an error in addition, the recording of individual scoring moves shall be considered official and the totals shall be corrected by the chief pairing master upon discovery of the error.

Questions concerning errors in recording of results, assignment of classification points and/or improper pairing of the contestants may be addressed to the chief pairing master without the filing of a written protest. Anyone bringing a question to the pairing officials should know the contestant's draw number of the wrestler involved.

When a wrestler is disqualified from a bout or from the event for brutality or flagrant misconduct, such action shall be subject to automatic review by the committee without the filing of a formal protest and the use of official USA Wrestling video may be authorized.

Under no circumstances shall the use of video tapes or films of a bout be considered or shown in the evaluation of any protest except as noted above or when USAW has provided for the video review of bouts as determined by the Sports Committees and approved by the USAW Executive Committee.



In the use of video review at any USAW sanctioned event, only the mat chairman or the Head Official for the event may order the video review. Even in the case where the referee and judge are in agreement of the results of an action or situation, video review **can** be ordered.

## **CHAPTER 11 - MEDICAL**

### **Article 57 - Medical service**

***USAW Modification:*** Policies and procedures for medical services at USAW sanctioned regional and national events is described in the official event flyer for the event. This article is to be used as a guideline only for USAW sanctioned events.

As specified in the Regulations defining the international competitor's licence, each wrestler must undergo a medical examination in his own country three days before leaving for Championships, Cups and Games.

The organizer of the competition in question is obliged to provide a medical service responsible for conducting medical examinations prior to the weigh-in and give medical control during the bouts.

The medical service, which is required to operate throughout the competition, is under the authority of the FILA doctor in charge.

Before the competitors weigh in, the doctors shall examine the athletes and evaluate their state of health. If a competitor is considered to be in poor health or in a condition that is dangerous to himself or to his opponent, he shall be excluded from participating in the competition.

Throughout the competitions, and at any time, the medical service must be prepared to intervene in case of an accident and to decide whether a wrestler is fit to continue the contest.

Doctors from the participating teams are fully authorized to treat their injured wrestlers, but only the coach or a team officer may be present while treatment is being administered by the doctor.

In no case may FILA be held responsible for an injury, disability, or death of a wrestler.

### **Article 58 - Medical service involvement**

***USAW Modification:*** Policies and procedures for medical service involvement at USAW sanctioned regional and national events is described in the official event flyer for the event. This article is to be used as a guideline only for USAW sanctioned events.

The FILA doctor in charge has the right and duty to stop a bout at any time through the mat chairman, whenever he considers that either competitor is in danger.

He may also stop a bout immediately by declaring one of the wrestlers unfit to continue.

The wrestler must never leave the mat, except in the event of a serious injury requiring his immediate removal.

In case of a wrestler being injured, the referee must immediately ask the doctor to intervene and must impose a sanction if the injury is not visible or bleeding.

If a wrestler has a visible injury or is bleeding, the doctor will have the time necessary to treat the injury and will decide if the wrestler can carry on the match or not. There is no time limit.

In the case of any medical dispute, the doctor for the team of the wrestler in question has the right to intervene in any treatment required, or to give his advice on an intervention or decision made by the medical service. Only the FILA Medical Commission delegate may propose to the officials that the bout be stopped.

In competitions where there is no official doctor, the referee can suspend the bout for a maximum of two minutes in a match. The officials decide if the wrestlers are acting intentionally or not, and must apply the procedure mentioned in the above paragraphs.

This stoppage can be allowed on one or more times and is valid for both wrestlers.

The time-keeper for the mat concerned will announce each 30-second interval.

The referee must invite the two wrestlers to return to the centre of the mat ten seconds before the two minutes are up.

In international competitions where the FILA Medical Commission is not represented, the decision to interrupt the bout will be taken by the FILA delegate or by the FILA nominated referee following consultation with the competition doctor and the injured wrestler's team doctor.

In all cases, the doctor making the decision to prohibit the wrestler from continuing the bout shall be of a nationality other than that of the wrestler in question, and the doctor must not be involved in the weight class concerned (see health regulations).

The wrestler who deliberately stops the bout without being injured or bleeding, automatically loses 1 point to his opponent.

All first aid injuries (requiring no hospitalization) occurring in FILA international competitions are at the organizer's costs. The injuries requiring hospitalization are covered by the FILA license, provided that the case has been announced to the insurance company (at the number appearing at the back of the card) the same day.

## **Article 59 - Doping**

In applying the provisions of the FILA Constitution, and in order to combat the possibility of drug use, which is formally prohibited, FILA reserves the right to require that wrestlers undergo examinations or tests in all competitions it supervises.

This provision must be applied at Continental and World Championships, according to FILA Regulations, and at the Olympic and Continental Games, according to IOC Rules.

In no case competitors or officers may oppose this verification without incurring immediate elimination and the penalties imposed for doping.

The FILA Medical Commission will decide the time, the number or frequency of these examinations, which will be carried out by any means it deems useful.

Suitable samples will be taken by a doctor certified by FILA, in the presence of an officer for the wrestler to be tested.

Where sampling is not carried out under the conditions set out above, the results obtained shall be considered void. (See doping regulations).

The setting up and financial implications of the anti-doping controls are paid for by the host country and the National Federations.

The FILA, being subject to the convention fighting drug use signed with the IOC and applied by the World Anti-Doping Agency (WADA), all its Regulations, procedures and sanctions are applicable by the FILA.

The appeal body in the event of a doping sanction made by the FILA Bureau against a wrestler is the Court of Arbitration for Sport (CAS) in Lausanne (Switzerland).

## **CHAPTER 12 - APPLICATION OF WRESTLING RULES**

These Rules supersede all former editions.

The FILA Executive Bureau is the sole decision-making authority concerning any modifications to the above provisions that are deemed desirable with a view to improving the technical Rules of wrestling.

These Rules have been drawn up bearing in mind all the circulars and information distributed by the FILA.

They contain all the suggestions put forward by the auxiliary bodies and the Bureau which were accepted by the FILA Congress.

These Rules are the only valid document of their type until the following Congress which will be asked to rule on all the possible modifications or interpretations decided by the Executive Bureau.

In the event of a trial, only the French text is valid.

The National Federations must translate this document into their official language.

Every referee at a competition must have copy of these Rules in his language and in one of the FILA's official languages (French or English).

## APPENDIX 1 - BASIC VOCABULARY

Every member of the officiating team must be perfectly familiar with and apply the vocabulary set out below. This vocabulary constitutes the official means of communication between members.

- 1) **SALUT** The wrestlers must greet each other.
- 2) **START** The invitation to the wrestlers standing at opposite corners of the mat to step to the centre to be examined and shake hands. After this, they will return to their respective corners and await the referee's whistle calling on them to begin wrestling.
- 3) **CONTACT** The referee calls upon the wrestler to place both his hands on the back of his opponent, who is underneath on the ground. Wrestlers in the standing position must assume 'body-to-body' contact.
- 4) **OPEN** The wrestler must alter his position and adopt more open wrestling tactics.
- 5) **DAWAI** The referee encourages the wrestlers to wrestle more actively.
- 6) **ATTENTION** The referee warns the passive wrestler before requesting a caution for refusal to assume the correct "par terre" position.
- 7) **ACTION** The wrestler must execute the hold that he has initiated.
- 8) **HEAD UP** The wrestler must raise his head. This order is given by the referee in the case of repeated attacks by a wrestler who thrusts his head forward.
- 9) **LEG** The wrestler has committed a leg error (Greco-Roman).
- 10) **POSITION** Initial position of the wrestlers on the ground (or in ordered contact in Greco-Roman wrestling), before the referee blows his whistle
- 11) **A TERRE** The bout is resumed in the "par terre" position.
- 12) **PLACE** By striking the mat with his hand and at the same time pronouncing the word 'place' the referee reminds the wrestlers not to flee the mat.
- 13) **DANGER** The danger position.
- 14) **FAULT** An illegal hold or violation of the technical Rules
- 15) **STOP** This word means the stopping of the bout.
- 16) **ZONE** This word must be spoken in a loud voice if the wrestlers enter the red zone.
- 17) **CONTINUE** The bout must be resumed upon this order by the referee. The referee also uses this word to have the wrestling continued if the wrestlers stop due to confusion and look at him as if they are asking for an explanation.
- 18) **TIME OUT** When one of the wrestlers stops wrestling, intentionally or because of injury or any other reason, the referee will use this expression to ask the timekeeper to stop his stopwatch.
- 19) **CENTRE** The wrestlers must return to the centre of the mat and continue the bout there.
- 20) **UP** The bout must be resumed in the standing position.
- 21) **INTERVENTION** The judge, referee or mat chairman call for intervention.
- 22) **OUT** A hold applied outside the mat.

- 23) **OK** The hold is valid (legal, correct). If the judge and mat chairman are sitting in a position that does not allow them to follow closely what is taking place on the opposite side, the referee must raise his arm to indicate whether the hold at the edge of the mat was executed within the boundaries of the mat or outside.
- 24) **NON** This word is used to indicate that an action is not valid and is consequently void.
- 25) **TOUCHE** The word used to indicate that the wrestler is beaten by a 'fall.' For a fall, the referee himself says 'tombé', strikes the mat with his hand, and blows his whistle to indicate the end of the bout.
- 26) **DECLARE BATTU** The decision made subsequent to a defeat by decision of the officiating team.
- 27) **DEFEAT** The opponent is beaten.
- 28) **DISQUALIFICATION** The disqualification is announced for unsportsmanlike conduct or brutality.
- 29) **FIN** The end of the bout.
- 30) **CHRONOMETRE** The timekeeper must stop or start the stopwatch on this order from the referee.
- 31) **GONG** The sound of the gong marks the beginning and end of a bout.
- 32) **REFEREE** The official conducting the bout on the mat.
- 34) **JUDGE** The official who assists the referee and awards the points to the wrestlers during the bout. He is also required to note all the actions executed during the bout on his score sheet.
- 35) **MAT CHAIRMAN** The mat chairman, who is the official responsible for a mat. He is obliged to break a tie vote between the referee and judge in case of a dispute.
- 36) **CONSULTATION** The mat chairman consults with the referee and judge before announcing a disqualification or decision on any matter on which there has been disagreement.
- 37) **CAUTION** The penalty issued by the referee to a wrestler for violation of the Rules.
- 38) **CLINIC** The referees' course.
- 39) **PROTEST** The protest filed as a result of a decision, whatever it may be.
- 40) **DOCTOR** The official doctor for the bout.
- 41) **VICTORY** The referee declares the winner.
- 42) **NO JUMP** Referee's comment to the wrestler par terre who jumps forward in order to prevent his opponent being able to initiate a hold.
- 43) **ORDERED HOLD** Provision laid down in article 51.
- 44) **SCORESHEET** Sheet on which the match results are entered.
- 45) **ROUNDSHEET** Competition sheet on which the brackets appear.

## **APPENDIX 2 – BEACH WRESTLING**

### **REGULATIONS FOR MEN AND WOMEN**

#### **Age categories**

- 10 to 15 years                      cadets
- 16 to 20 years                     juniors
- 21 years and more                seniors

#### **Weight categories**

The person in charge divides the participants into 2 categories:

- One light category
- One heavy category

There is no weigh-in, the distribution in the categories is carried out according to the corpulence of the participants and in order to reach the quickest possible ideal divisible number .

#### **Kinds of competition**

Tournament or championship open to all without any affiliation nor license

Tournament or championship reserved for those affiliated to a National Federation

#### **Competition dress**

- Trunks for men without any other accessory
- Swimsuit in one piece or two pieces for women without any other accessory

#### **Competition surface**

On sand, inside a circle of 6 m diameter

#### **Duration of the matches**

One period of maximum three (3) minutes

#### **Competition system**

The competition takes place with direct elimination. The losers of the 1/2 finals are both ranked in the 3rd place

#### **Identification of the men and women wrestlers**

After having been distributed by categories, each wrestler receives an ankle band numbered from 1 to ...(different for each category) to be put around the ankle. After each match the loser hands the band to the referee.

## **Officiating**

The person in charge acts as referee and his decisions cannot be questioned.

## **Kind of victories**

“Beach Wrestling” is held only in the standing position. The victory can be obtained in the following manner:

- By fall when a wrestler touches both shoulders on the ground
- By throw when a wrestler has succeeded in having his opponent touch twice during the match a part of his body on the ground. In the action the attacking wrestler can put one or both knees on the ground.
- By leaving the competition area if a wrestler has succeeded in pushing twice one foot of his opponent out of the competition area.
- By adding to a throw a leaving of the competition area.
- By decision of the person in charge when at the end of 3 minutes no action was executed by one wrestler compared with the activity of the other wrestler.

## **Prohibitions**

- Kick or punch
- Attack the face or the hair
- Cover the body with an oily and slippery substance
- Holds that can lead to a dislocation
- Stopping the match for any reasons is forbidden

## **Classification**

One 1st, one 2nd and two 3rd places are declared for each light and heavy category .

The two first of each category must wrestle to determine the winner of the absolute category of the tournament.

- 1st of the light category against the 1st of the heavy category
- 2nd of the light category against the 2nd of the heavy category

# USA Modifications

FILA encourages and conducts age group competitions, and has only a few special rules for youth wrestling. USA Wrestling, on the advice of its Sports Committees, JOWC and its Sport Science volunteer staff, has adopted modifications of the rules for specific age groups or levels of competition in this country.

For domestic sanctioned regional and national competitions, USA Wrestling applies modifications to age limits, weight classes and allowances, weigh-in procedures and rules, time and duration of weigh-ins, drawing of lots, pairing and bracketing procedures, separation of contestants, and on-the-mat competitive rules.

International competition, and USA Team Trials leading to World and Olympic competition, are conducted without modifications of the FILA rules, except those procedures adopted for ranking, pairing the contestants, protests, blood rules and weigh-ins.

## Blood Rule

The following regulations apply to all levels of competition conducted and sanctioned by USA Wrestling:

1. Athletes known to be infected with the HIV/HBV virus cannot compete in any USA Wrestling sanctioned event.
2. Health care attendants known to be infected with AIDS cannot administer to bleeding athletes.
3. Anytime an athlete bleeds during a bout, the action shall be stopped immediately and first aid administered.
4. A bleeding athlete cannot compete unless the bleeding and spread of blood is effectively stopped. If the spread of blood to others cannot be effectively prevented to the satisfaction of the Chief Medical Officer and officials, then the athlete cannot compete further.
5. Time outs to stop bleeding or the spread of blood shall not be included in injury time. The cumulative time out to stop bleeding and the spread of blood shall not exceed five minutes.
6. Blood must be cleaned from the mats, uniforms and bodies with a bleach solution, and all used towels and other cleanup materials must be properly and immediately disposed of in a separate container for contaminated material.
7. Competition cannot resume until all blood has been removed and the cleaning solution residue has dried.

## Pairing Procedures

The FILA format has been deemed unsuitable, at this time, for such events as the USA Wrestling Junior Nationals and Cadet Nationals, with their huge entry totals. USA Wrestling will conduct national and regional events in the Junior, FILA Cadets, Cadet and Kids Divisions under the vertical pairing format or similar formats.

National championships in the University, FILA Junior World and Veterans Divisions will be conducted under the seeded double elimination format, and in the Senior Division under a modified seeded double elimination format.



**For many USA Wrestling sanctioned events in 2010, the use of computer assisted bracketing will be implemented. Even though much of the pairing procedures and policies apply in general, there may be situations that necessitate a modification or revision to the policies and procedures as they come to light.**

## **Weigh-ins and Drawing of Lots -General-**

At all regional and national championships, a weighmaster, his/her assistant, a drawmaster and his/her assistant, and additional personnel as needed are assigned. Assignments are made either by the USWOA or the chief official. The weighmaster, drawmaster and assigned medical officer must check the weigh-in area at least one hour before the start of weigh-ins to approve or adjust the physical layout and to assure an orderly process for the medical check, weighing in and drawing of lots.

During registration or weigh-in depending on the age group, the contestant will draw a number to determine his/her place on the brackets. Enough draw numbers must be provided so that no two contestants can draw the same number. The contestant's draw number is entered on the designated area of his/her weigh-in card. The drawmaster will supervise this process, and be available for questions.

Athletes must be prepared and must submit to a skin disease screening prior to weigh-in. A doctor's note on said doctor's official letterhead may be required stating that a current skin condition is not contagious. The chief medical officer for the event has full authority without appeal in determining the eligibility of an athlete to compete.

After a contestant has cleared medical check, the contestant has his/her weight confirmed at the scales and verified on his/her weigh-in card. If the athlete does not make the desired weight the card is **not** to be returned to the athlete. The athlete must then immediately verify his/her weight at a challenge scale. There shall be two attempts only to make the desired weight class (initial and one challenge). All athletes must be present at the beginning of weigh-ins. Weigh-ins shall end upon the last wrestler in line weighing in, or as stipulated for the event. These procedures do not apply to Senior level competitions or those competitions which qualify athletes for World Level events. The FILA rules pertaining to weigh-ins shall apply with USA Wrestling modifications.

The drawing of lots is integrated into the registration process as standard procedure and the roles of weighmaster and drawmaster require officials with a keen sense of fairness and responsibility. A newly developed guide to weigh-ins and the drawing of lots will be adhered to at national events and should be used at all other events when feasible. This guide may be obtained by contacting the USAW National Headquarters.

**Where computer assisted bracketing is utilized, drawing of lots will be performed by random selection by computer.**

## **THE TOURNAMENT COMMITTEE**

All USA Wrestling regional and national events shall be governed by a tournament committee established by the event coordinator. The committee shall number at least five and no more than nine members, who shall be residents of different geographical areas, if possible.

One member shall be designated chairperson. When possible, a majority of the members shall be USWOA officials of Category M1 national rating.

The chairperson of the tournament committee shall appoint three or more members of the committee, and he may include himself, to rule on any formal protest. He shall select members of the committee from geographical areas different from those of the contestants and officials involved in the protest. No member of the protest committee shall be from the same local area of the parties involved.

When possible, the protest committee should include the chief mat official and the chief pairing master.

Special Tournament and Protest Committee procedures are in place for the Senior, University, FILA Junior Division Nationals and World Team Trials.

## **Senior (Olympic) Division**

For contestants 20 or older (born in 1990 or before). Wrestlers 18-19 may enter with a medical certificate. For senior women only, wrestlers 17-19 may enter with a medical certificate.

Competition shall be conducted under a modified double elimination line bracketing. Wrestlers may be seeded and separated on the basis of previous performance, and further separated by club affiliation, in accord with USA Wrestling procedures listed herein.

Time and duration of weigh-ins may be modified to accommodate the needs of the athletes. The national championships are closed to foreign athletes.

### **Seeding and Separation**

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

At the National Championships in each style, members of Team USA and other wrestlers worthy of national ranking are selected by the appropriate Sport Committee, or its designated subcommittee, to be seeded and separated from each other. The committee meets immediately after the close of the weigh-ins and drawing of lots.

In each weight class, the weigh-in cards of the wrestlers selected by the committee for seeding are segregated from the remainder of the weight class. The committee designates No. 1 and No. 4 wrestlers in the weight class, to be drawn in the first and second quarters of the bracket, respectively, and Nos. 3 and 2 to be drawn in the third and fourth quarters, respectively. See chart page 95.

Within the limits listed below, the committee then may assign additional wrestlers, divided equally, to the half-brackets, those rated 5-8-9-12-13-16 in the upper half, 6-7-10-11-14-15 in the lower half.

The limitations on the number of seeded entries are as follows:

- If there are 12 or fewer entries in the weight class, up to four wrestlers may be seeded and separated.
- If there are 13 to 32 entries in the weight class, up to eight wrestlers may be seeded and separated.
- If there are 33 to 64 entries in the weight class, up to 12 wrestlers may be seeded and separated.
- If there are more than 64 entries in the weight class, up to 16 wrestlers may be seeded and separated.

- Seeding must be based on documented achievement. When information is in question, it is not advisable to seed those contestants. Seeding may stop at any point up to the limits.
- When a contestant has been nominated for a seed because of documented achievement, his/her name may not then be withdrawn because of a potential adverse pairing.

### ***Team Scoring (for both Men and Women's divisions)***

Division I — Teams with 7 or more entries.

Division II — Teams with 7 or fewer entries.

A team must be a USA Wrestling chartered club. Club members must be a member of the club at the time of the championships.

A complete roster of all athlete members must be on file at the national office at least three business days before registration for the event. The club's list of entries for the event must be submitted at registration.

A Division I team may enter as many wrestlers as it wishes, but may score only its top 20 place winners. It need not designate its scorers in advance.

Points — 8-7-6-5, etc., when awards are given for eight places, or 6-5-4, etc., for six places, etc.

## **University Division**

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

Each participant must be age 18-24 and his/her class must have graduated from high school. Ages are determined by year of birth - (1986 through 1992).

For all age groups University Division and below, a wrestler is not withdrawn from competition if he/she forfeits (unless it's his/her second loss). Instead, the match will be recorded as a loss and he/she will receive zero classification points, with the winner receiving five points.

These events are closed to foreign teams and athletes.

The National Men's Championships in both styles will be conducted under double elimination line bracketing. **Women's Championships shall be conducted under the two pool vertical system.**

Wrestlers shall be entered into their respective weight divisions by blind draw, which may include computerized blind draw, and there shall be a wrestle-off for True Second, in the case where the second and third place wrestlers have not met. This TRUE second place match shall not change the placing in the tournament and shall only be used for consideration of post event rankings, team selection, qualification for subsequent trials, etc.

The bouts for True Second shall take place 15 to 30 minutes after the final bout per style.

Time and duration of weigh-ins may be modified.

# FILA Junior World Division

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

For contestants 18 to 20 (born in 1990 through 1992). A wrestler 17 (born 1993) may enter with a medical certificate.

For all age groups University Division and below, a wrestler is not withdrawn from competition if he/she forfeits (unless it's his/her second loss). Instead, the match will be recorded as a loss and he/she will receive zero classification points, with the winner receiving five points.

These events are open to foreign teams and athletes who meet the qualifications listed above.

The National Men's Championships in both styles will be conducted under double elimination line bracketing. **Women's Championships shall be conducted under the two pool vertical system.**

Wrestlers shall be entered into their respective weight divisions by blind draw, which may include computerized blind draw, and there shall be a wrestle-off for True Second, in the case where the second and third place wrestlers have not met. This TRUE second place match shall not change the placing in the tournament and shall only be used for consideration of post event rankings, team selection, qualification for subsequent trials, etc.

The bouts for True Second shall take place 15 to 30 minutes after the final bout per style.

Time and duration of weigh-ins may be modified.

## Junior, Cadet, FILA Cadet and Kids Divisions

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

### **General Policies & Regulations**

The following regulations apply equally to the four divisions:

#### **USE OF FLUIDS**

Athletes will be allowed to drink water, common sports drinks, juices or carbonated beverages during appropriate times of a bout, including the break between periods.

#### **USE OF INHALANTS**

Athletes will be allowed to use prescription inhalants (issued by a physician) during a bout for their well being.

#### **FOLKSTYLE COMPETITION**

For folkstyle competitions, the National Federation of State High School Associations match scoring wrestling rules are suggested guidelines, with the addition of the USAW Kids illegal hold modifications, for Kids Division events, and no one period to exceed two minutes. Weight classes may be modified. **In folkstyle wrestling, the three quarter nelson with a leg hook is legal in USAW Folkstyle events.**

At the Folkstyle Nationals, a true-second place match shall be wrestled in cases where the second and third place finishers have not met.

## **MOVING UP WEIGHT CLASSES**

A wrestler may move up one weight class from the weight in which he/she is qualified to compete in at the time of weigh-in, except for heavy weight category, for which the contestant must weigh over the weight class just prior to the heavy weight class. For the Junior, Cadet, Schoolboy/girl, etc. Dual Championships, athletes may wrestle one weight class above the one in which they have qualified for at the official weigh-ins. In all cases, the actual weigh-in of athletes shall establish the weight class of each wrestler competing in the National Duals and shall supercede any listed weight class previously submitted. Other rules may apply.

## **MAT OFFICIALS**

For all age group National Championships, excluding the Senior division, and when feasible, no official shall officiate a bout when it involves athletes from his/her state.

## **AGE GROUP ELIGIBILITY**

An athlete shall only compete for two years in the age group designated by birth year for Bantam, Intermediate, Novice, Schoolboy/girl, and Cadet divisions. Violators shall be penalized one year eligibility.

## **WEIGH-INS**

(These rules do not apply to the Senior Division)

For the Junior Division Regional Championships, athletes must weigh-in a maximum of three hours and minimum of two hours prior to the start of competition. For Junior Division National Championships, athletes must weigh-in a maximum of four hours prior to the start of competition.

For all age groups, athletes shall have two consecutive opportunities during the scheduled weigh-in to make the weight indicated at time of registration. Athletes shall not be allowed to leave the designated weigh-in area during the weigh-in process. The two consecutive opportunities to make the weight class are: initial weigh-in and one immediate challenge.

Only for the Cadet Division & Junior Division National Competition shall athletes be required to weigh-in on subsequent days (one) following initial weigh-in.

For the initial weigh-ins, an athlete may move up one weight class if he/she fails to make the weight indicated during the registration process, with the exception of the Cadet and Junior National Championships where there are limits per weight per state (4). For Junior Division Regional Championships and the Cadet Division and Junior Division Nationals, the athlete moving up in weight class shall be placed in the next weight-class above on the first available position as determined by the Chief Pairing Official assigned to the event.

Athletes paired against an opponent who failed to make weight may in some cases earn five (5) positive points and advance, if no other athlete moves up from a lower weight classes failing to make weight. The Chief Pairings Officials has final authority on all such cases.

Athletes must weigh-in in their competition singlet.

For the Cadet and Junior National Championships, athletes maybe moved in weight class if authorized in writing by the respective State Chairperson or designee.

Other rules related to weigh-ins where the event qualifies for an international event shall apply.

### **FORFEIT**

For all age groups University Division and below, a wrestler is not withdrawn from competition if he/she forfeits (unless it's his/her second loss). Instead, the match will be recorded as a loss and he/she will receive zero classification points, with the winner receiving five points.

### **MOUTH GUARDS**

USA Wrestling strongly encourages, but does not mandate, the use of mouth guards in all developmental age group competitions. This also applies to athletes with braces.

## **Junior Division**

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

For all domestic competition except international team trials, a Junior wrestler must be a student-athlete currently attending high school (grade 9, 10, 11 or 12), or participating in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, or if a summer event, attending high school, or participated in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, the Spring semester just prior to the summer event. In addition, the athlete has only four (4) consecutive years to compete in the Junior Division once his class begins the ninth grade, and he/she must have been born on or after September 1, 1990.

There are 15 weight classes (Men's):

- |                  |                   |
|------------------|-------------------|
| 1. up to 98 lbs  | 9. up to 145 lbs  |
| 2. up to 105 lbs | 10. up to 152 lbs |
| 3. up to 112 lbs | 11. up to 160 lbs |
| 4. up to 119 lbs | 12. up to 171 lbs |
| 5. up to 125 lbs | 14. up to 189 lbs |
| 6. up to 130 lbs | 12. up to 215 lbs |
| 7. up to 135 lbs | 15. up to 285 lbs |
| 8. up to 140 lbs |                   |

There are 12 weight classes (Women's):

- |                  |                   |
|------------------|-------------------|
| 1. up to 95 lbs  | 7. up to 139 lbs  |
| 2. up to 102 lbs | 8. up to 146 lbs  |
| 3. up to 109 lbs | 9. up to 153 lbs  |
| 4. up to 116 lbs | 10. up to 165 lbs |
| 5. up to 124 lbs | 11. up to 190 lbs |
| 6. up to 132 lbs | 12. up to 220 lbs |

International ages and weights are listed on page 14.

At the Junior National Championships, competition shall be conducted under the two pool vertical pairing format, with returning place winners and world medalists separated from each other. Wrestlers from the same state also are separated.

Separation shall occur using three levels. Wrestlers shall be given priority based on the level at which they qualify to be separated. After determining the wrestlers that qualify to be separated and their level the procedures described below shall be followed.

### **Separation Levels & Procedures for Junior National Championships:**

**Level One:** Previous Junior Division and above National Champion in style.

**Level Two:** Previous Cadet and FILA Cadet National Champion in style, previous Junior National Division and above 2nd-8th place in style.

**Level Three:** Previous year Cadet and FILA Cadet Division National 2nd-3rd place winners in style, previous Junior Division and above National Champion out of style (includes folkstyle).

**Level Four:** Wrestlers from the same state shall be separated.

The USA Wrestling Developmental Staff Coaches, or their designees, shall review weight classes prior to bracketing to ensure proper identification of previous year National Champions and All-Americans.

First, check the states of each Level as it is separated. If Level One has two from the same state, place one in Pool A & one in Pool B immediately, low draw number to Pool A. Check the states of each Level and separate them into pools, first.

**Level One wrestlers are separated first.** The Level One wrestler with the lowest draw number is placed in Group A and cards of the remaining Level One Wrestlers are dealt alternately in order of their draw numbers, starting with Group B. If there is an odd number of Level One wrestlers, the odd card (highest draw number) is placed aside.

**Level Two wrestlers are separated.** Check States. The Level Two wrestler with the lowest draw number is dealt to Group A and the other cards are dealt alternately, as above. If there is an odd number of Level Two wrestlers, the odd card (highest draw number) is placed with the single Level One card.

**Level Three wrestlers are separated.** Check States. The Level Three wrestler with the lowest draw number is placed in Group A and the other cards are dealt alternately, as above. If there is an odd number of Level Three wrestler, the odd card is placed with the single Level One and Level Two cards, if there are such cards.

If after separation of Level One, Level Two, and Level Three cards, there are **two cards** left (from any combination of the three levels), place them in

draw number order, lowest to highest. The lowest draw number of the two is assigned to the A Pool and the highest draw number to the B Pool.

If after separation of Level One, Level Two, and Level Three cards, there is **one card** left, place it in the unassigned deck. \*\*This will prevent the extra Level wrestler from always being in the A Pool.

**Level Four: Wrestlers from the same state are separated.** When sorting cards by states at a large tournament, the stacks of state cards first should be arranged in alphabetical order of states, to be sure there are not two stacks from one state.

If the state team leader has designated a ranking within the state, his/her No. 1 and No. 2 wrestlers are compared and the wrestler with the lower draw number is placed in Group A. If there is a wrestler in either pool from that same state classified as a Level ONE, Level TWO, or Level THREE, then the No. 1 wrestler from that state should be placed in the opposite pool. The No. 2 wrestler will be assigned the pool opposite No. 1 from his/her state.

If two wrestlers are designated as No. 1, separate them; if two wrestlers are designated as No. 2, separate those two.

Wrestlers designated No. 3 and No. 4 within their state then are compared and the wrestler with the lower draw number is placed in Group A. If there are only three entries from one state, the third card is returned to the unassigned deck.

If no ranking within the state is designated on the card, the wrestler with the lowest draw number is placed in Pool A. If there are 3 entries, low draw number in Pool A, high draw number in Pool B, the third card returns to the unassigned deck. If there is an equal number from that state, deal to alternate pools. If there is an odd number (5 or 7) the last card, highest draw number, is placed in the unassigned deck, except for three entries as mentioned above.

After this separation has been completed, count the number in each pool. Place the unassigned deck in draw number order, lowest to highest. Both pools should have an equal number of wrestlers; therefore, the alternating deal starts in Group A. If there is not an equal number in each pool because of state adjustments, add one or more cards from the unassigned deck to make the pools equal before distributing the other unassigned cards.

**Adjustments for Level One, Level Two, and Level Three:** Adjustments shall be made so that neither Pool A nor Pool B will contain an unequal representation of Level wrestlers from any state, other than by one. In case a wrestler must be moved, the second wrestler placed shall be moved to the opposite pool, exchanging places with the **same level** wrestler from another state whose draw number is closest to his/her.

Two Level One wrestlers should be half a pool apart, or if three Level One wrestlers in a pool, a third of a pool, etc. All Level One, Level Two, and Level Three, wrestlers should be separated by an equal number of contestants (Divide the total number of entries in the pool by the number of Level One, Level Two, and Level Three wrestlers in the pool - 48 divided by 4 = 12) If there are two Level Ones, they should be separated by 24 and the two Level Two in between by equal distance of 12.



**Adjustments for Level Four:** Two or three wrestlers from the same state should be separated by at least a third of the pool; if not they should be moved equidistant from each other. If the number of contestants between two or three wrestlers from the same state is less than a third, the lowest draw number will be moved, unless it would be necessary to move him/her to the end of the weight class (do not move a wrestler over the top). In that case, the higher draw number will be moved one-half the distance away for 2 wrestlers, or one-third the distance away for 3 wrestlers. His/her card is inserted at that point, with other cards remaining in order.

In the search for such conflicts, pairings are reviewed once from the top down, and each conflict resolved in turn. After the conflicts have been resolved, the wrestlers are paired for the first round.

**A wrestler shall lose his/her state ranking criteria if he/she misses weight and moves up to an available slot at the next weight class.**

### **Separation Procedures for Junior Regional Events:**

At Junior Regional championships, competition shall be conducted under the two pool vertical pairing format; there is no seeding or separation based on past performance, but there is separation by states. Separation of athletes from the same town/cities is strongly encouraged using the process below.

**States shall be separated in pools by the following rules:** First, in each weight class, separate all contestant's cards from the same state; place them in ascending order according to each wrestler's draw number which has been drawn by the contestant at registration.

To separate two contestants, place the lower draw number of the two in Group A, the higher in Group B. For three contestants, place the lowest draw number in A, the highest in B, the other back in the unassigned deck. For four, deal alternately by number to A and B; for five, seven, nine, eleven contestants, deal alternately by number to A and B, but place the last odd number in the unassigned deck. When all state separations have been made, sort the remaining cards in ascending numerical order and deal them alternately to Groups A and B. Then sort each pool in ascending numerical order. Separate each state within each pool. If the number of contestants between two or three wrestlers from the same state is less than a third, the lowest draw number will be moved, unless it would be necessary to move him/her to the end of the weight class (do not move a wrestler over the top.) In that case, the higher draw number will be moved one-half the distance away for 2 wrestlers, one-third the distance away for 3 wrestlers, one-fourth the distance away for four wrestlers, etc. His/her card is inserted at that point, with other cards remaining in order. Sometimes, there are too many entries from the same state for this formula. In that case, you should separate as much as possible so that they do not meet for at least two rounds.

In the search for such conflicts, pairings are reviewed once from the top down, and each conflict resolved in turn. After the conflicts have been resolved, the wrestlers are paired for the first round.

There is no team scoring in Junior competition.

Time and duration of weigh-ins may be modified.

# USAW Cadet Division

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

For contestants age 15-16 (born in 1994 or 1995).

For domestic competition, there are 17 weight classes:

1. up to	84	lbs Wm	83.75	10. up to	140	lbs Wm	154.25
2. up to	91	lbs Wm	88	11. up to	145	lbs Wm	170
3. up to	98	lbs Wm	94.75	12. up to	152	lbs Wm	185
4. up to	105	lbs Wm	101.25	13. up to	160	lbs Wm	220
5. up to	112	lbs Wm	108	14. up to	171	lbs	
6. up to	119	lbs Wm	114.5	15. up to	189	lbs	
7. up to	125	lbs Wm	123.25	16. up to	215	lbs	
8. up to	130	lbs Wm	132.25	17. up to	285	lbs	
9. up to	135	lbs Wm	143.25				

**Note: Women's weights are the FILA Cadet Women's weights (kg to lbs) plus 170, 185, and 220 pounds.**

There is no team scoring in Cadet competition.

Time and duration of weigh-ins may be modified. At the regional championships, national and regional policies on qualification, changing weight classes, etc., prevail.

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors. It should be noted that the rules prohibit the full nelson and the three-quarter nelson with a leg hook.

## **Separation Levels & Procedures for National Cadet Championships:**

At the Cadet National Championships, competition shall be conducted under the vertical pairing format. Separation of wrestlers within the weight classes shall follow the same procedures as described for the Junior Division. The separation criteria, which differs from the Junior Division, is provided below. Wrestlers also are separated on the basis of state team affiliation, in accordance with USA Wrestling procedures listed for the Junior Division.

**Level One:** National Cadet Division and above National Champion in the style.

**Level Two:** Previous Cadet National and above 2nd-8th place finisher in the style.

**Level Three:** Previous Cadet National and above out of style champion (includes folkstyle), top three finishers in style from last year Kids FS/GR National Championship

**Level Four:** Wrestlers from the same state shall be separated.

The USA Wrestling Developmental Staff Coaches, or their designees, shall review weight classes prior to bracketing to ensure proper identification of previous year National Champions and All-Americans.

## Separation Procedures for Cadet Regional Events:

At CADET TOURNAMENTS that are part of a Kids/Cadet Championship, competition for cadets may be either by the pool system, two groups for each weight class of six or more contestants, or standard round-robin, each weight class a single group; there is no seeding or separation based on past performance, but there is separation by states. Separation of athletes from the same town/cities is strongly encouraged using the process below.

For separation of states into Pools, follow the directions under Separation at Junior Regional Tournaments. If the standard round-robin is used, states should be separated within the single group as much as possible. First, take a single weight class (Cadet, 125 lbs.) and place all contestant's cards in ascending order according to each wrestler's draw number which has been drawn by the contestant at registration. Lay them in numerical order on a table. If the number of contestants between two or three wrestlers from the same state is less than a third, the lowest draw number will be moved, unless it would be necessary to move him/her to the end of the weight class (Do not move a wrestler over the top.) In that case, the higher draw number will be moved one-half the distance away for 2 wrestlers, or one-third the distance away for 3 wrestlers. His/her card is inserted at that point, with other cards remaining in order. If there are four wrestlers from the same state, they should be one-fourth apart, five wrestlers should be one-fifth apart, etc.

In the search for such conflicts, pairings are reviewed once from the top down, and each conflict resolved in turn. After the conflicts have been resolved, the wrestlers are paired for the first round.

## FILA Cadet Division

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

For contestants age 15-17 (born 1993-1995).

For men's competition, there are 10 weight classes (kg):

- |                           |                               |
|---------------------------|-------------------------------|
| 1. up to 92.5 lbs (39-42) | 8. up to 167.5 lbs (76)       |
| 2. up to 101.25 lbs (46)  | 9. up to 187.25 lbs (85)      |
| 3. up to 110.0 lbs (50)   | 10. up to 220.25 lbs (85-100) |
| 4. up to 119.0 lbs (54)   | 11. up to 275.0 lbs (125)     |
| 5. up to 127.75 lbs (58)  |                               |
| 6. up to 138.75 lbs (63)  |                               |
| 7. up to 152.0 lbs (69)   |                               |

For Women's competition, there are 13 weight classes (kg):

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1. up to 83.75 lbs (36-38) | 8. up to 132.25 lbs (60)            |
| 2. up to 88.0 lbs (40)     | 9. up to 143.25 lbs (65)            |
| 3. up to 94.75 lbs (43)    | 10. up to 154.25 lbs (70)           |
| 4. up to 101.25 lbs (46)   | <b>11. up to 170.0 lbs (78)</b>     |
| 5. up to 108.0 lbs (49)    | <b>12. up to 185.0 lbs (84)</b>     |
| 6. up to 114.5 lbs (52)    | <b>13. up to 220.0 lbs (100)</b>    |
| 7. up to 123.25 lbs (56)   | (11,12,13 are for USAW events only) |

## **Separation Levels & Procedures for National Cadet Championships:**

At the FILA Cadet National Championships, competition shall be conducted under the two pool vertical bracketing system. Separation of wrestlers within the weight classes shall follow the same procedures as described for the Junior Division. The separation criteria, which differs from the Junior Division, is provided below. Wrestlers also are separated on the basis of state team affiliation, in accordance with USA Wrestling procedures listed for the Junior Division.

- Level One:** National Cadet Division and above National Champion in the style.
- Level Two:** Previous Cadet National and above 2nd-8th place finisher in the style.
- Level Three:** Previous Cadet National and above 1st-3rd place finisher out of style (not including folkstyle),
- Level Four:** Wrestlers from the same state shall be separated.

Wrestlers shall be placed according to draw number within the bracket. Procedures for placement of wrestlers and byes as described under the Senior Division shall apply.

There is no team scoring.

Time and duration of weigh-ins may be modified. See weigh-in policies above. It should be noted that the rules prohibit the full nelson, and the three quarter nelson with a leg hook.

## **Kids Division**

These rules, policies and procedures are subject to change as determined by the appropriate USAW Committee(s) and Board of Directors.

USA Wrestling championships are conducted for four Kids Division age groups: Bantam Division, Intermediate Division, Novice Division and Schoolboy/Schoolgirl Division. A wrestler's age for an entire season is determined by the birthday he/she celebrates during the calendar year. A participant whose 14th birthday falls on any day of 2010 is considered 14 years old.

USA Wrestling does not conduct regional competition for contestants younger than 9, but state and local programs are offered.

### **KIDS DIVISION RULES MODIFICATIONS**

On the advice of its Sport Science Committee, USA Wrestling has adopted modifications of the international rules. The following modifications apply to competition in the 2010 season.

#### ***Age Categories***

Schoolboy/girl	Wrestlers born in 1996 or 1997.
Novice	Wrestlers born in 1998 or 1999.
Intermediate	Wrestlers born in 2000 or 2001.
Bantam	Wrestlers born in 2002 or 2003.

## **Weight Classes**

Schoolboy/girl	70 pounds, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265 (17 classes).
Novice	60 pounds, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, and heavyweight (15 classes; heavyweights must weigh more than 140).
Intermediate	50 pounds, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, heavyweight (13 classes; heavyweights must weigh more than 120).
Bantam	40 pounds, 45, 50, 55, 60, 65, 70, 75, heavyweight (9 classes; heavyweights must weigh more than 75).

All heavyweights must weigh in. If the difference between the lightest and heaviest contestants exceeds the allowable difference for that age group, the wrestlers must be divided into groups meeting these limitations:

Novice:	Maximum difference 25 pounds.
Intermediate:	Maximum difference 20 pounds
Bantam:	Maximum difference 15 pounds.

Event Directors should create weight classes for the heavy weights which allows for the maximum number of bouts per heavy weight class. For example: The first heavy weight class in Novice may be 152-167lbs. The first weight class does **not** have to be 165lb.

### **Duration of the Bout:**

#### **Freestyle and Greco-Roman**

Schoolboy/ girl:	3 periods, 2 minutes each (2+2+2), with 30 seconds rest between periods.
Novice:	3 periods, 2 minutes each (2+2+2), 30 seconds rest.
Intermediate:	3 periods, 2 minutes each (2+2+2), 30 seconds rest.
Bantam:	3 periods, 2 minutes each (2+2+2), 30 seconds rest.

#### **Folkstyle**

Juniors:	Championship Bracket: 2:00 first period, 2:00 second period, 2:00 third period Consolation Bracket: 1:00, 2:00, 2:00
Cadet:	Championship Bracket: 2:00, 2:00, 2:00 Consolation Bracket: 1:00, 2:00, 2:00
Schoolboy/ girl:	Championship Bracket: 1:00, 1:30, 1:30 Consolation Bracket: 1:00, 1:00, 1:00
Novice:	Championship Bracket: 1:00, 1:30, 1:30 Consolation Bracket: 1:00, 1:00, 1:00

Intermediate:	Championship Bracket: 1:00, 1:00, 1:00 Consolation Bracket: 1:00, 1:00, 1:00
Bantam:	Championship Bracket: 1:00, 1:00, 1:00 Consolation Bracket: 1:00, 1:00, 1:00
Veterans:	Championship Bracket: 1:00, 1:30, 1:30 Consolation Bracket: 1:00, 1:00, 1:00

### **Scoring**

1 Point: As defined in the international rules, except where noted under illegal holds.

2 Points: As defined in the international rules, except where noted under illegal holds.

3 Points: As defined in the international rules, except where noted under illegal holds.

5 Points: As defined in the international rules, except where noted under illegal holds.

There is no team scoring in Kids competition.

For **folkstyle competition**, the National Federation of State High School Associations match scoring wrestling rules will be enforced, with USAW modifications to the Kids' illegal hold rules. Other modifications may apply and are covered within these rules.

### **Weigh-ins**

See above page 64.

### **Separation & Pairing**

#### **Separation Levels and Procedures for Kids National FS/GR Championships:**

Level One: All-American (1-8 place) wrestlers who are returning in the same Age Division and the same style.

Level Two: Regional champions for each Age Division and each style.

Level Three: Wrestlers from the same state shall be separated.

**Level One** - All-Americans for each age division and each weight class are separated first. The All-American with the lowest draw number is placed in group A and cards of the remaining All-Americans are dealt alternately in order of their ascending draw numbers, starting with Group B. If there are two All-Americans from the same state, put them in opposite pools, low draw number in A Pool. If there is an odd number of All-Americans, the odd card (highest draw number) is placed aside.

**Level Two** - Regional champions are separated for each age division and each weight class. The regional champion with the lowest draw number is dealt to Group A and the other cards are dealt alternately as above. If there is an odd number of the regional champions, the odd card (highest draw number) is placed with the single All-American card.

If after separation of All-Americans and regional champions, there are two cards left (one All-American and one regional champion), place them in ascending draw number order. The low draw number is assigned to the A Pool, the high number is assigned to the B Pool.

If after separation of All-Americans and regional champions, there is one card left, place it in the unassigned deck.

**Level Three** - Wrestlers from the same state are separated. Place the contestants' cards from each state in ascending draw number order. Take the cards of each state separately and distribute into pools. If there is a wrestler in either pool who is an All-American or regional champion from that same state, start distributing alternately in the opposite pool first. If no ranking within the state is designated on the card, the wrestler with the lowest draw number is placed in pool A, high draw number to Pool B, the third card returned to the unassigned deck. If there is an equal number from that state, deal to alternate pools. If there is an odd number (5 or 7), the last card, highest draw number, is placed in the unassigned deck, except for three entries as mentioned above.

After this separation has been completed, count the number in each pool. Place the unassigned deck in draw number order, lowest to highest. Both pools should have an equal number of wrestlers; therefore, the alternating deal starts in Group A. If there is not an equal number in each pool because of state adjustments, add one or more cards from the unassigned deck to make the pools equal before distributing the other unassigned cards. If there is an extra card from the unassigned deck, it will be placed in the A Pool.

Take all cards assigned to the A pool and lay them out in draw number order.

**Adjustments for Level One and Level Two:** Check States. Adjustments shall be made so that neither Pool A nor Pool B will contain an unequal representation of Level wrestlers from any state, other than by one. In case a wrestler must be moved, the second wrestler placed shall be moved to the opposite pool, exchanging places with the **same level** wrestler from another state whose draw number is closest to his/her.

Two All-Americans should be a half pool apart, or if three All-Americans in a pool, a third of a pool apart, etc. In case a wrestler must be moved within a pool: If the Level wrestlers must be moved, the lowest draw number will be moved, unless it would be necessary to move him/her to the end of the weight class (do not move a wrestler over the top). In that case, the higher draw number will be moved one-half the distance away for 2 wrestlers, or one-third the distance away for 3 wrestlers. His/her card is inserted at that point, with other cards remaining in order. If there are four wrestlers at the same Level, they should be one-fourth apart, five wrestlers should be one-fifth apart, etc. If there are two Level Ones, they should be separated by one-half and Level Two's separated equidistant between them, if possible. The largest separation should be among the Level One's.

**Adjustments for Level Three** - Use the same instructions as listed above for state separation. In some cases separating the states is not possible because the pool is too small or there are too many from one state. If this is the situation, try to separate for two rounds, if possible. In the search for such conflicts, pairings are reviewed once from the top down, and each conflict resolved in turn. After the conflicts have been resolved, the wrestlers are paired for the first round. Repeat the above steps for separation for each pool in each age division and each weight class.

### **Regional Kids Championships:**

Pairing formats may be selected from the following options:

- Pool system, two groups for each weight class of six or more contestants. The fifth place bout is not held unless it is appropriate to the number of awards.
- Standard round-robin, each weight class a single group.
- All Americans, from the prior year only, in all Kids Division age groups from the Kids Folkstyle National Championships shall be appropriately separated in the brackets in order that the possibility of them meeting occurs at the furthest possible round in the winners side bracket.

### ***Illegal Holds***

A prime responsibility of Kids wrestling officials is protection of the athletes against injury. The referee should guard against the development of illegal holds, and of legal but dangerous situations.

If the referee is unable to prevent the development of a dangerous hold by warning the wrestlers, he/she should blow the whistle and stop the bout. If the hold is illegal, the offender is penalized by a caution, and a technical point is awarded to the opponent. Other FILA rules pertaining to illegal holds apply.

If a wrestler is injured by an illegal hold and is unable to continue, the wrestler at fault is disqualified (classification points 5:0).

Illegal holds in the Kids Division include:

- A 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. May be committed by a contestant in either the top or bottom position, as well as during a takedown. A wrestler who lifts his/her opponent off the mat is responsible for his/her safe return. When a contestant is returned to the mat with undue force, so the upper half of his/her body contacts the mat first, it is a slam.
- Full nelson, even when applied from the side.
- Three-quarter nelson with a leg hook (**this move IS legal in USAW Kids Folkstyle Events**).
- Cross-chest cradle, West Point ride, Colorado or Iron Cross.
- Double arm bar with sit-out (double chicken wing).
- Neck wrench ... grasping the opponent's chin and twisting the neck. Grasping the chin is not in itself a violation, but pulling and twisting is illegal and potentially dangerous and threatens injury to the vertebrae. This situation can develop quickly from



attempting to neutralize a double-leg takedown, from countering a single-leg, reaching back from the down position, and in executing at least one form of fireman's carry. The neck must not be forced beyond normal limits.