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2017 Freestyle and Greco Rules

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

"PASSIVITY" = "NOT SCORING" or "NOT ATTEMPTING TO SCORE" (Freestyle and Greco)

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

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

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

SCORING Points

1 point = Step Outs, Reversals, Passivity
2 points = Takedowns, ALL Turns, Correct Throws, ALL Cautions (Illegal Holds, All Flees)
4 points = "Feet to Danger" Takedowns, Grand Amplitude Throws that do NOT land in Danger
5 points = "Grand Amplitude" Takedowns that land in Danger

WHO SCORED?:

1. Who took the **RISK**?
2. What was the **DIRECTION** of the attack?
3. Was there a **COUNTER-ATTACK** or **BAIL-OUT**?
4. Was the DEFENSIVE Wrestler in **Par Terre** (2 pts.) or **Standing** (4 pts.)
5. Did either wrestler Land in **DANGER**? (2 pts. or 4 pts.)

***OUT of BOUNDS:**

*Entire Head or Entire Foot must be out of bounds / Upper Torso / 2 hands = 1 foot

*Actions that start in bounds can finish out of bounds = wrestlers can step out during the match and still score

*Defensive Wrestler Can NOT score out of bounds (foot, head, body, etc.)

***Step Out vs. Push Out:**	Can NOT just push your opponent out of bounds, must make attempt to score a TD
***Danger:**	Touching an elbow, shoulder, or head while breaking 90 degrees
***Exposure:**	Shoulders breaking past 90 degrees
***Tripod/QuadPod:**	NOT a takedown until a elbow, knee, or head also hits the mat
***Cautions:**	ALL Cautions = 2 pts. For opponent / 3 Cautions = Disqualified
***Illegal Holds/Fouls:**	Hands to the Face, Grasping Fingers, 2 Hands on the Head, Snowplow Cradle 1st Time: Verbal Warning 2nd Time: Caution +2 Illegal head lock, Leg scissors around head, Leg Fouls (GR) 1st Time: Caution +2 2nd Time: Caution +2
***Flee the Hold/Flee the Mat:**	Caution +2 (Must set up Flee the Hold call with an "ATTENTION" first)
***Fall (Pin):**	CONTROL and COMPRESSION / NO Defensive Falls Cadet & Juniors: 1 second fall Schoolboy and younger: 2 second fall
***Technical Superiority (Tech Fall):**	Winning by a **10 pt** differential (FS and GR) (*8 pts. for Senior Level GR)
***Slip Throws/Turns:**	Did offensive wrestler making a legitimate attempt and land belly down? Did Defensive wrestler do anything to stop action or change direction?
***Bail Out:**	Was Defensive wrestler under attack when he attempted the throw?
***Tie-breaker criteria:**	1– Highest Value of Holds (most 5's, 4's, 2's, 1's) 2– Least # of cautions 3– Last points scored

GRECO

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

***PROPER GRECO STANCE**: **Head Up, Hips In, and Chest-to-Chest** (NOT head-to-head or collar-ties)

***LEG FOULS**: Active use of legs TO SCORE or PREVENT SCORING

Offensive Legs = stop and take away the points and advantage/position

1st time = Attention 2nd time = Caution +2 for opponent

Defensive Legs = Caution +2 pts + any points scored, resume position the foul occurred in

"PASSIVITY" = "NOT SCORING or NOT ATTEMPTING TO SCORE"

Every 2 passivity calls in GR will result in 1 pt. for opponent

Passivity SCORING for GRECO:		EXAMPLE:
--- Stimulate Action (friendly reminder)		"RED Action" or "BLUE Head Up"
1. "P"- Attention **Passive**:	**GR** (Do NOT stop the match)	"RED Passive"
2. "P"- **Passive**:	**GR** (Do NOT stop the match)	"RED Passive, Blue 1 pt."

Greco SCORING:

1 point =
- **Step Outs**
- **Reversals**
- **Passivity** (*Every 2 passivity calls in GR will result in 1 pt. for opponent*)

2 points =
- **Takedowns**
- **Correct Throws**
- **All Turns to Exposure/Danger** (Includes Hand-to-Hand)
- **All Cautions** (**LEG FOULS**, Illegal Moves, Flee the Mat, Flee the Hold)
- **Flee the Mat** while on your back/getting pinned
- **Throws from Par Terre** that do **NOT** land in danger

4 points =
- **"Feet to Danger" Takedowns**
- **Throws from Par Terre that land in Danger**
- **Grand Amplitude Throws** that do **NOT** land in Danger

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

Defense to Gut Wrenches/Reverse Locks – Greco

Must defend with open arms, Not allowed to block with elbows or knees
Not allowed to touch opponents HANDS, WRISTS, or ARMS
Official will say "OPEN and slap the mat, if wrestler doesn't open, Caution +2

Defense to front headlock- Greco

Allowed to attack hands, wrists, and arms
Not allowed to grab fingers

FREESTYLE

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

"PASSIVITY" = "NOT SCORING or NOT ATTEMPTING TO SCORE"

Passivity SCORING for FS:

--- Stimulate Action (friendly reminder)
1. "V" - Attention **Passive** FS ([redacted] **Stop** the Match)
2. "P"- **Passive:** FS (**Stop** the Match)

EXAMPLE:

"RED Action" or "BLUE Head Up"
"RED Passive"
"RED, 30 sec. ACTIVITY CLOCK"

"ACTIVITY CLOCK" (Shot Clock)- **DO NOT Stop at 30 seconds**

*If **Neither** wrestler scores in 30 seconds, **+1** for opponent

(It is NO longer a Caution for failing to score in the 30 seconds)

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

***Merkle/Okie-Chokie:** NOT a takedown until Offensive Wrestler gets his leg out and covers the hips (Freestyle)

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

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

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

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

***Freestyle SCORING:**

1 point =
- **Step Outs**
- **Reversals**
- **Passivity**

2 points =
- **Takedowns**
- **Correct Throws**
- **All Turns to Exposure** (Includes Hand-to-Hand)
- **ALL Cautions** (Illegal Moves, Fouls, Flee the Mat, Flee the Hold)
- **Throws from Par Terre** that do **NOT** land in danger
- **Flee the Mat** while on your back/getting pinned

4 points =
- **Takedown "Feet to Danger"**
- **Throws from Par Terre that land in Danger**
- **Grand Amplitude Throws** that do **NOT** land in Danger

5 points =
- **Grand Amplitude Throws from Par Terre that land in Danger**

1-MAN MECHANICS: Official's Techniques for FS/GR:

REFEREE:

Be confident and just make your calls
Back away from the athletes so you get a bigger picture
Anticipate the action and get into position, Never run
Change Levels for turns and look for the Fall
Hold your points up high so everyone can see them
Slow whistle: Let action that starts in bounds continue out of bounds, if necessary
Every time you blow the whistle, give a hand gesture (neutral, points, action, etc.
Every time you talk to the athletes, give a hand gesture (action, head up, etc)
Point to step outs, leg fouls, and illegal holds; slow whistle, let action continue
Reward the highest point value if action never stopped (2 pt. TD vs 1 pt. Step-out)
Keep your eyes on the athletes at all times, Never turn your back to the wrestlers
Herd/Corral the wrestlers back to the center after going out of bounds
Look through the wrestlers to the Clock
Color 1st. Command 2nd (example: "Red Action", "Blue Head Up")
VOCABULARY: **"Action", "Head Up", "Contact", "Zone", "Open", "Place", "Adjust"**
PASSIVITY CALLS: used to stimulate action and scoring

If points are scored, slow down your passivity calls
If NO points are scored, try to have 3-4 Passivity calls in the 1st period
It's better to have a score of 2-1 versus 1-1 or 2-2
Clock Management: Set up Passivity (2-**3 min periods:** :45, 1:15, 1:45, 2:15)
(2-**2 min periods:** :30, 1:00, 1:30)

Attention: Blow whistle, Stop the match, Talk to athletes
Flee the Hold: ***Must set up Flee the Hold Calls with Attention 1st**
****If less than 10 sec, in match, you don't have to set up the Flee with an Attention**
Activity/Shot Clock: Make sure there is enough time left in the match after the Shot Clock
Do NOT stop the match in Par Terre with less than 10 seconds left in the period
Slips vs Bail-Outs: Can't have a slip call if defensive wrestler landed on his back
Can't slip out of bounds: it's either a 1 pt. Step Out or a 2 pt. TD
Can't slip if defensive wrestler is under attack moving backwards

3-MAN MECHANICS: Official's Techniques for FS/GR

REFEREE: ****SAME AS 1-MAN MECHANICS** in addition to the following:

Passivity Calls and *Falls: *Must get CONFIRMATION from the *CHAIR ONLY
If you get a Passivity Confirmation, look to the athletes, if there is action, then hold your call
ATTENTION (Do NOT need confirmation) Blow the whistle, Stop the match, Talk to athletes
FLEE THE HOLD: *Must Set up with an **ATTENTION 1st (unless in the last 10 sec. of match)**
*ALL 3 REFS must agree on Flee the Hold Calls if **< 30 sec. remain in match**
Don't talk to the coaches about calls/questions, direct them to the Chair ("COACH, PLEASE...")
Look through the wrestlers to your Judge and Chair
NEVER take a wrestler off his back in a pinning combination unless the Chair says to

JUDGE: Sit there quietly, Do not say stop or call out time to the ref (Chairs responsibility)
Just Hold Up Paddles High and Quickly so the Chair can confirm quickly
Call your own match, Do NOT just mimic the ref
Always keep your eyes on the action, write down points later
Don't talk to coaches about calls/questions, direct them to Chair ("COACH, PLEASE...")
Can initiate Passivity Calls and Flee Calls
Give OPTIONS to the Chair when applicable (3 votes vs. 2 votes):
(4's vs 2's, Flee Calls vs. Step Outs, Slips, Action away from you)
Can't white paddle an out of bounds Flee Call, rather call a Step Out or a TD
***Flee Calls: <30 sec. Left in match, CONFIRM all Flees, give the option to the Chair**
***ALL 3 REFS must agree on Flee the Hold Calls if <30 sec. remain in match**

CHAIR: You have the Final Say
Make sure the Score and the Clock are Correct
When calling a Conference, Ask Questions to Ref and Judge: "IS IT POSSIBLE?"
MUST CONFIRM ALL FALLS** AND **PASSIVITY CALLS
***ALL 3 REFS must agree on Flee the Hold Calls if <30 sec. remain in match**

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MEMO: USA Wrestling Modifications to UWW Rules
Date: March 8, 2017

For the 2017 USA Wrestling Age-Level Regional and National Championships*, the following rule changes have been made:

1. Scoring for both freestyle and Greco-Roman will be 1, 2, 4 and 5.
    a. 5-point moves (grand amplitude with danger) are added to freestyle.
    b. Any grand amplitude action with no danger will be 4 points.
    c. Correct throws in freestyle and Greco-Roman will be 2 points.
    d. Cautions in freestyle and Greco-Roman will be 2 points (includes fleeing the mat and fleeing the hold).
2. Greco-Roman passivity remains unchanged, thus two passivity calls will result in 1 point for opponent.
3. Passivity must be confirmed by the Mat Chairman for both freestyle and Greco-Roman. The judge can agree with passivity, but the call will only be assessed if confirmed by the Mat Chairman.
4. Freestyle Passivity
    a. Same procedure outlined above with confirmation from Mat Chairman required.
    b. At the end of the 30-second activity time, if the passive wrestler has not scored, they will give up 1 point and no caution will be given.
    c. At the end of the 30-second activity time, if the passive wrestler has not scored, the match will not be stopped – 1 point will simply be awarded and action will continue.
    d. If anyone scores during the 30-seconds, the activity time is cancelled.
5. In events with video review, the Mat Chairman may call a consultation/conference with the referee team that can result in a request to review the video without a challenge from a wrestler/coach. Wrestlers/coaches may still request a challenge, at which point it shall be reviewed by the designated Referee and Mat Chairman.
6. Par Terre Defense in Greco-Roman
    a. At the start of action in par terre, the defensive wrestler must go flat and cannot block. They must remain open (same as in 2016).
    b. Once a defensive wrestler has been lifted, he/she will only be allowed to post on one arm of the lifting wrestler. This posting one an arm is only allowed after the lift
7. Grabbing of the fingers will be penalized much stricter than before. The referee shall say "Open" and may reach in and break the lock. After the initial warning, this is to be penalized with a caution and 2 points.

*=Does not include the following events: UWW Cadet Nationals, US Senior Open, UWW Junior Nationals, UWW Junior World Team Trials, US Senior World Team Trials, University Nationals.

"WHERE OLYMPIC JOURNEYS BEGIN"