

Freestyle-FOR ALL AGE GROUPS

1st passivity violation

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from judge or mat chairman. To indicate confirmation is received, referee raises hand of passive wrestler.
- Stop the match for verbal warning: "Red or blue, attention". Using one hand in a circular motion, indicate to the passive wrestler to be more active as well as clarify why wrestler is being passive.

2nd passivity violation

- Stop the match once confirmation is given and there is no imminent scoring action in progress
- Indicate the 30-second activity period to the passive wrestler using both hands in a circular motion. It is not necessary to give any gestures or verbalize to the coaches that the activity time is started. The referee shall wait until the activity time is clearly indicated on scoreboard prior to restarting match.
- If neither wrestler scores at the end of the :30 activity period, one point will be awarded to the active wrestler. **The match shall not be stopped to award this point. No caution will be given for not scoring in the activity period.**
- If either wrestler scores, no cautions or additional points are rewarded. The :30 activity clock is ignored and wrestling shall continue without stoppage.

Further passivity violations

- Further penalty periods can be initiated directly—no warnings are given after the first verbal warning. The first verbal warning does carry over between periods.
- No activity period shall be given after 2:30 or 5:30

All passivity calls must be confirmed by the mat chairman. It is obligatory that the officiating crew stop the match around 2:00 and prior to 2:30 (if a score is in progress at 2:00) if the score is 0-0, consult, and immediately put a wrestler into a 30-second activity period. The first period in every freestyle match must never end 0-0. The 1st passivity violation should be denoted as "V" in the match paperwork; all subsequent passivity violations shall be denoted by "P."

It is possible for acts that are deemed to be passive early on in a period, could be considered fleeing the hold if done later in a period, especially with short time on the clock (less than 30 seconds). If the referee wants to warn a wrestler for fleeing the hold, they should stop the match and offer a verbal "attention" to the wrestler at fault as well as to his or her coach. This way, the athletes, coaches, and fans will be able to differentiate when a wrestler is being called for passivity versus fleeing the hold.

If after restarting the match, the actions that lead to the "attention" persist, the referee should stop the bout, signal for a caution to the less active wrestler and score two points to the opponent.

If a wrestler is put on activity time, they must score within the :30 time frame allotted. If he or she starts an action prior to the :30 time frame being completed, he or she will be allowed to finish their action, but if that action does not score by the end of

Greco Roman-FOR ALL AGE GROUPS

1st passivity violation (given after referee uses UWW vocabulary to stimulate "passive" wrestler)

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from the mat chairman. To indicate confirmation is received, referee raises hand of passive wrestler.
- Passive wrestler gets warned without stopping the bout: "Red or blue, attention, passive."

2nd passivity violation

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from the mat chairman. To indicate confirmation is received, referee raises hand of passive wrestler.
- Referee then puts their hand down and indicates one point to the opponent all while verbalizing that to the athletes. "Red or blue, attention, passivity, one point red or blue." The bout shall not be stopped.

3rd passivity violation

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from the mat chairman. To indicate confirmation is received, referee raises hand of passive wrestler.
- Passive wrestler gets warned without stopping the bout: "Red or blue, attention, passive."

4th passivity violation

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from the mat chairman. To indicate confirmation is received, referee raises hand of passive wrestler.
- Referee then puts their hand down and indicates one point to the opponent all while verbalizing that to the athletes. "Red or blue, attention, passivity, one point red or blue." The bout shall not be stopped.

All in all, the wrestlers are penalized, by the opponent receiving one point, for every two confirmed passivities. **Passivities are unlimited in G/R** and there is no ordered par terre. Passivity warnings carry over from one period to the next. All passivities shall be denoted by a "P" on the match paperwork.

In G/R in the case where the score is 0:0, the 2nd passivity violation to one wrestler must be called in the bout no later than 3 minutes (Schoolboy/girl and younger) or 4 minutes 30 seconds for the cadets and older. In case the bout reaches 3 minutes or 4 minutes 30 seconds and the score is still 0:0, the referee will stop the bout and the refereeing body will choose a wrestler as passive and they will give 1 point to his/her opponent.

It is possible for acts that are deemed to be passive early on in a period, could be considered fleeing the hold if done later in a period, especially with short time on the clock (less than 30 seconds). If the referee wants to warn a wrestler for fleeing the hold, they should stop the match and offer a verbal "attention" to the wrestler at fault as well as to his or her coach. This way, the athletes, coaches, and fans will be able to differentiate when a wrestler is being called for passivity versus fleeing the hold. If after restarting the match, the actions that lead to the "attention" persist, the referee should stop the match and signal for a caution for the less active wrestler. Check for confirmation.

:30, the opposing wrestler will be given one point. The match will not be stopped to award these points. A caution for not scoring in the :30 activity period no longer applies.

A caution should be given to the less active wrestler and two points to his opponent.

ILLEGAL ACTIONS AND HOLDS IN ALL AGE DIVISIONS

- Pulling the hair, ears, genitals, pinch the skin, bite, twist fingers or toes.
- Kick, head-butt, push, apply force against a joint or the spine, step on the feet of his opponent or touch the face of his or her opponent between the eyebrows and line of the mouth.
- Thrusting the elbow or knee into an opponent .
- Grabbing the singlet.
- Clinging to or grasping the mat.
- Talking during the bout.
- Seizing the sole of the opponent's foot (only seizing the upper part of the foot or sole is permitted).
- Agreeing to the match result between themselves.
- Throat holds or any other position of strangulation.
- Any hold where the defensive wrestler's head is cinched between his or her chest and the offensive wrestler's body, most commonly seen in standing front headlock maneuvers, where the pressure is not applied to the side.
- Twisting of arms more than 90° including forming an acute angle with the forearm in an armbar situation.
- Arm lock applied to the forearm.
- Holding the head or neck with two hands in any position without an arm encircled.
- Full Nelson, unless executed from the side without legs trapped. ***NOTE: all full nelsons from the UWW Cadet Level and younger are illegal in all applications. Full nelsons are also illegal in female wrestling at all levels.**
- In a standing position where the defensive wrestler has attained a "pike" position (head down with legs extended into the air), all actions must occur to the side. It is strongly recommended that referees bear caution with this action at the kids level.
- Lifting the opponent who is in a bridge position and throwing him or her to the mat.
- Breaking the bridge by pushing the offensive wrestler's face or head.
- Figure four or scissors of anything other than one leg or arm. This includes a "leg cradle."
- In **G/R**, actively using the legs from an offensive or defensive position.
- In **G/R**, while in par terre, when the defensive wrestler does not keep BOTH ARMS extended and open or grabbing the hands or arms of the offensive wrestler to prevent being scored upon. The defensive wrestler is not allowed to "close" off while defending in par terre. In **G/R**, if the offensive wrestler lifts the defensive wrestler, the only tactics the defensive wrestler can use is to push off the torso of the offensive wrestler or post one arm of the offensive wrestler to prevent being scored upon. Otherwise, the defensive wrestler may not use their hands in other other way to prevent being scored upon.
- In **G/R**, when the defensive wrestler raises or bends his legs in par terre to prevent being lifted and/or being scored upon.
- In **G/R** and **F/S**, the defensive wrestler in par terre must maintain center mat position. They are allowed to defend an action by inching forward or moving side to side to alter the position of the offensive wrestler, but they are strictly forbidden from "swimming" towards the edge of the mat. If this occurs, the referee must move in front of the defensive wrestler, yell "attention, stop" to the defensive wrestler. If the "swimming" persists, fleeing the hold (caution and r two points) shall be awarded, depending on the style in which it occurs.

Illegal holds in the Kids Division (Schoolboy/girl on down) include:

- A full, straight-back suplay 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