

# 2019 Greco and Freestyle RULES:

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

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

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

**Color 1<sup>st</sup>, Command 2<sup>nd</sup>** (Example "RED, Action" or "BLUE, Head Up")

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

## SCORING Points

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

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

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

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

## WHO SCORED?:

1. Who took the **RISK**?
2. What was the **DIRECTION** of the attack?
3. Was there a **COUNTER-ATTACK** or a **BAIL-OUT**?

\*1. Was the **DEFENSIVE** wrestler **STANDING** or in **PAR-TERRE**?

\*2. Did either wrestler land in **DANGER**?

\*3. Was there **GRAND AMPLITUDE**?

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

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

# GRECO

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

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

**\*NEGATIVE Wrestling vs Passivity:** Grasping Fingers, Head Down, Blocking with Head or Hands  
1st: Verbal Warning 2nd: Caution +2

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

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

**ORDERED PAR-TERRE:** **\*There can ONLY be 2 Forced Par-Terre's PER MATCH TOTAL\***

**1st Passivity:** 1 pt. for opponent, ordered **Par-terre** (STOP THE MATCH)  
**2nd Passivity** 1 pt. for opponent, ordered **Par-terre** (STOP THE MATCH)  
**3rd Passivity:** 1 pt. for opponent, **\*NO\*** Par-terre (DO **NOT** STOP THE MATCH)

## **Defense to Gut Wrenches/Reverse Locks (Greco)**

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

Not allowed to touch opponents HANDS, WRISTS, or ARMS

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

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

## **Defense to Front Headlock (Greco)**

Allowed to attack hands, wrists, and arms

Not allowed to grab fingers

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

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

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

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

2nd: **\*DISQUALIFIED\***

## **Greco SCORING:**

1 point = Step Outs  
Reversals  
Passivity  
**OFFENSIVE LEG FOULS (2nd time)**

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

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

5 points = Grand Amplitude Throws that land in Danger

# FREESTYLE

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

## Passivity SCORING for FS:

----- Stimulate Action (friendly reminder)

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

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

## EXAMPLE:

"RED Action" or "BLUE Head Up"

"RED Passive"

"RED Passive, 30 sec. **ACTIVITY CLOCK**"

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

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

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

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

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

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

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

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

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

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

## \*Freestyle SCORING:

1 point =

Step Outs

Reversals

Passivity

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

2 points =

Takedowns

Correct Throws

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

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

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

4 points =

Takedown "Feet to Danger"

Throws that land in Danger

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

5 points =

Grand Amplitude Throws that land in Danger

# GENERAL REFEREE MECHANICS (FS/GR)

## REFEREE:

Be confident and just make your calls

Back away from the athletes so you get a bigger picture, don't get too close

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

Anticipate the action and get into position, Never Run, Don't Chase vs. 1/4 Turn

Change Levels for Turns and look for the Fall

Hold 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 (out of bounds, illegal, step-out)

Every time you talk to the athletes, give a hand gesture (action, head up, fingers, 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)

Color 1st, Command 2nd (example: "Red Action", "Blue Head Up")

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

**PASSIVITY** vs **NEGATIVE Wrestling**: used to stimulate action and scoring

If points are scored, slow down your passivity calls

It's better to have a final score of 2-1 as opposed 1-1 or 2-2

**\*FS\***- If NO points are scored, try to have 3-4 Passivity calls in the 1st period

Clock Management for FREESTYLE:      **2-3 min periods**: (:45, 1:15, 1:45, 2:15)

**2-2 min periods**: (:30, 1:00, 1:30)

CLOCK Management for GRECO:

**Limit 1 per period for Forced Par-terre**

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 <10 seconds left in the period

Attention: Blow whistle, Stop the match, Talk to athletes

Flee the Hold: \*Must set up Flee the Hold Calls with Attention 1st\*

\*If <10 sec., you don't have to set up the Flee with an Attention

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

Usually NOT a Slip if defensive wrestler is under attack moving backwards

**"Most" Scenarios for CAUTIONS:**

**FREESTYLE:**      **CAUTION +1** (except CAUTION +2 for **\*FLEEING the MAT in DANGER\***)

**GRECO:**          **CAUTION +2** (except CAUTION +1 for the **\*2nd OFFENSIVE LEG FOUL\***)

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

## 1. REFEREE: \*SAME AS GENERAL REFEREE MECHANICS\* plus the following:

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

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

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

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

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

Look through the wrestlers to your Judge and Chair

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

## 2. JUDGE:

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

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

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

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

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

JUDGE MAY INITIATE Passivity Calls and Flee Calls

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

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

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

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

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

## 3. CHAIR:

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

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

Take Control of the Mat/ You have the Final Say

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

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

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

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

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

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

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

-or-

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

## 2019 POINTS OF EMPHASIS

1. UWW WILL CONTINUE TO USE A 2-DAY WEIGH-IN FORMAT FOR MOST UWW LICENSED EVENTS. THE FIRST WEIGH-IN WILL OCCUR ON THE MORNING OF THE FIRST DAY OF COMPETITION. **SCRATCH WEIGHT MUST BE ATTAINED** FOR ALL ATHLETES FOR THE WEIGH-IN ON THE SECOND DAY. THESE PROCEDURES ONLY APPLY FOR EVENTS IN THE UWW CADET, JUNIOR, U23, SENIOR, AND MASTER AGE CATEGORIES THAT HAVE MULTIPLE DAYS OF COMPETITION.
2. **FOR USA CADET REGIONAL AND NATIONAL COMPETITIONS, WRESTLERS ALL CADETS WILL WRESTLE 2-2 MINUTE PERIODS IN ALL ROUNDS OF COMPETITION.**
3. IN ALL SITUATIONS THAT INVOLVE PASSIVITY OR APPLYING A CAUTION TO A WRESTLER, THE MAT CHAIRMAN MUST CONFIRM THE CALL FOR IT TO BE VALID.
4. NEGATIVE WRESTLING TACTICS WILL BE MORE STRICTLY APPLIED, ESPECIALLY IN G/R STYLE.
5. ALL CAUTIONS IN FREESTYLE WILL BE WORTH ONE POINT TO THE OPPONENT, WITH THE EXCEPTION OF FLEEING THE MAT IN THE DANGER POSITION WHICH IS WORTH TWO POINTS TO THE OFFENSIVE WRESTLER.
6. ALL CAUTIONS IN GRECO-ROMAN WILL BE WORTH TWO POINTS TO THE OPPONENT, WITH THE EXCEPTION OF OFFENSIVE LEG FOULS (AFTER A FRIENDLY ATTENTION FOR THE FIRST VIOLATION) WHICH IS WORTH ONE POINT TO THE DEFENSIVE WRESTLER.
7. IN G/R, WRESTLERS WILL BE DISQUALIFIED FROM THE MATCH AFTER COMMITTING THEIR SECOND **DEFENSIVE** LEG FOUL.
8. THE MAT CHAIRMAN IS NO LONGER ALLOWED TO INITIATE A VIDEO REVIEW. THE MAT CHAIRMAN, IF HE OR SHE OBSERVES AN OBVIOUS MISTAKE OR MISAPPLICATION OF A RULE, CAN ASK FOR A CONSULTATION WITH THE REFEREE AND JUDGE TO DISCUSS THE SITUATION. HOWEVER, IF THERE IS NO OBVIOUS MISTAKE WITH A SCORING ACTION, IT IS THE OBLIGATION OF THE MAT CHAIRMAN TO AGREE WITH EITHER THE REFEREE OR JUDGE.
9. THERE WILL BE A CONTINUED EMPHASIS ON RECOGNIZING “HOOKING ACTIONS” IN THE G/R STYLE IN TERMS OF UNDERSTANDING WHICH WRESTLER IS THE MOST ACTIVE, ESPECIALLY IN MATCHES WHERE MINIMAL POINTS ARE BEING SCORED. STATISTICALLY, AT THE SENIOR LEVEL, MOST SCORING ACTIONS FROM THE STANDING POSITION IN G/R INVOLVE SOME FORM OF HOOKING--UNDERHOOKS, OVERHOOKS, ARM AND HEAD LOCKS, ARM AND BODY LOCKS AND FRONT HEADLOCKS.

