

WPFG ABRIDGED RULES: WRESTLING - Page 1

GUIDING BODIES

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Note: Rule changes by FILA, including weight-class changes, made prior to the January before the games will be followed.

EVENTS

GRECO-ROMAN: MEN'S OPEN, SENIOR AND MASTER DIVISION

48-54 KG
58 KG
63 KG
69 KG
76 KG
85 KG
97 KG
97-130 KG

FREE STYLE: MEN'S OPEN, SENIOR AND MASTER DIVISION

48-54 KG
58 KG
63 KG
69 KG
76 KG
85 KG
97 KG
97-130 KG

IMPORTANT: ENTRANTS MAY COMPETE IN ONLY ONE EVENT IN THE FREE STYLE PORTION AND ONE EVENT IN GRECO-ROMAN PORTION OF THIS SPORT.

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GENERAL SPORT RULES for Wrestling

Technical rule changes, interpretation, clarifications will be explained at the Official's Clinic prior to the competition.

Master Age Competition [40+]: If less than 3 competitors enter into any one Master's weight class, at weigh-in, those competitors will be combined with the appropriate Senior weight class.

COMPETITION METHOD

Wrestling competitions take place under a system of pools of 3 or 4, without seeds, against each, in the following manner.

1. Elimination by Pool

The wrestlers are paired off in the order of the numbers drawn at the weigh-in from the smallest to the largest.

They compete against each in the pool. The wrestler who scores the most classification points will be qualified for the continuation of the competition.

In case of a tie in classification points, the winner will be determined by the successive evaluation of the following elements:

- victory of one over the other
- technical points
- warnings
- passivity comments

The winner of each pool then competes in the direct elimination system. All the eliminated wrestlers are classified according to the same criteria as above.

SPECIAL CASES

If the number of competitors is between 2 and 5, they will compete using the system of everyone against everyone else.

2. Qualification rounds

When the winners of each group are known it is sometimes necessary to have a qualification round with direct elimination in order to obtain the ideal number of wrestlers for the continuation of the competition.

The wrestlers eliminated during the qualification round will automatically be placed higher than those eliminated from the pools.

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They will be placed using the following criteria and only in the qualification round:

- classification points
- technical points
- warnings
- comments on passivity

3. Finals

The final rounds take place using direct elimination system until there are only 2 non-eliminated wrestlers who will compete for 1st and 2nd place. The losers of the semi-finals will compete against each other for 3rd place.

Wrestlers eliminated in the final rounds will be placed according to their classification points obtained during their last match. In case of a draw, they will be placed using the following criteria:

- technical points
- warnings
- comments on passivity

If a wrestler does not present himself to the mat for whatever reason - either during a qualification match or in the finals - his opponent wins the match.

COMPETITION PROGRAM

Depending on the number of entries received, one mat can be added or withdrawn for all competition types. In principle, for all types of competitions, the duration of each session should not exceed 3 hours.

For all competition types, a category ends after a maximum of two days:

- first day elimination by pool and qualifying rounds
- second day semi-finals and finals

As a rule, a wrestler must not wrestle more than four bouts per day. All matches for 1st, 2nd, and 3rd place must take place on the same mat. Depending on the number of wrestlers involved, bouts for a weight category may take place over one day only.

DRESS

Contestants must have two singlets, one red and one blue, or a reversible singlet, must always carry a handkerchief (tissue) and show it to the referee before the match.

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Contestants must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue); the singlet may be of any design. It is forbidden to have within the singlet fabric a mixture of red and blue color.

In Greco-Roman wrestling, contestants may wear a full one-piece singlet, or one that extends below the knees.

In Free Style wrestling, the singlet may only go to mid-thigh. The singlet must adhere to the body. Light kneepads may be worn. Any addition to this dress is prohibited, except when the bout is interrupted because of injury or other reason. During this stoppage, the wrestler may cover himself with a warm garment (robe).

Contestants must wear wrestling shoes providing firm support for the ankles and without laces, or they must make sure that the laces are fixed firmly on the shoes with a tape to avoid unfastening during the match. Each competitor is responsible for securing himself the tape for his shoes. However, the use of shoes with heels or nailed soles, soles with buckles or with any metallic part is prohibited.

At the beginning of each day, each competitor must be closely shaven or have a beard of several months' growth. Hair must be short or tied back, if the referee deems it necessary.

It is also prohibited to:

- wear bandages on wrists, arms or ankles except in the case of injury and on doctors' orders. Such bandaging must be covered by elastic strapping.
- apply any greasy or sticky substance to the body.
- arrive at the mat perspiring
- wear any object that might cause injury to the opponent, such as rings, bracelets, ear-rings, prosthesis, etc.

Each contestant must be in a position to meet the requirements of this article. If this is not the case, the officials will allow a maximum of 1 minute in order for this to be done. If, after this time, the wrestler is still at fault, he will lose the match by default.

MEDICAL SERVICE

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

The doctor also may have the mat chairman stop a bout immediately by declaring one of the wrestlers unfit to continue.

If a wrestler is injured the referee must immediately ask the doctor to intervene and to determine whether the stoppage is justified or not. If the doctor reports a simulation, the referee ask the judge or mat chairman to apply a sanction (point and warning).

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In case of an injury or dispute, the wrestler must never leave the mat, except in the event of a serious injury requiring his immediate removal.

If a wrestler is obviously injured or he is bleeding, the doctor will have the time necessary to treat the injury and it is the doctor who decides if the wrestler can carry on the match or not. There is no time limit.

In 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/her advice on an intervention or decision by the medical service. Only the FILA Medical Commission delegate or the WPFGF Board members may propose to the head official that the bout be stopped.

At competitions where there is no official doctor, the two minute stoppage remains in force. The officiating body is competent to decide whether there is simulation or not.

Such stoppage may be authorized once or several times and is valid for both wrestlers.

The timekeeper for the mat concerned will announce each 30 second interval.

The referee shall call the wrestlers to resume the bout at the center of the mat 10 seconds before the 2 minute are up.

In international competition where the FILA Medical Commission is not represented, the decision to interrupt the bout will be made by the FILA delegate or the delegated FILA referee, after consultation with the competition doctor and the doctor of the injured wrestler.

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.

WEIGH-IN PROCEDURES

Weighing in of the competitors shall not take place more than 24 hours prior to competition for the specific weight category.

The weigh-ins shall be conducted in a private room.

Duration of the weigh-in: 30 minutes.

No wrestler may be accepted at the weigh-in if he has not undergone a medical examination within the time period stipulated in the rules governing the competition in question. **MEDICAL EXAMINATIONS ARE ALWAYS PERFORMED ONE HOUR BEFORE WEIGH-IN.**

The contestants will be weighed with their singlet on (without shoes) after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease.

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NO WEIGHT TOLERANCE IS ALLOWED FOR THE SINGLET.

Contestants must be in perfect physical condition, their fingernails cut very short. Fingernails must be checked at the weigh-in.

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

For competitions where bouts last two days, the competitors involved will be weighed on the day before the competition for their category begins. For all competitions, there is only one weigh-in per category.

ELIMINATION FROM THE COMPETITION

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.

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

If two wrestlers are disqualified for brutality in the same match, they will not be placed and the pairing will not be modified in the subsequent round. If this elimination perturbs the finals, the competitor immediately below will be moved up to compete in the finals or to draw up the placing.

BOUTS

Bouts consist of three periods of two minutes with a 30 second rest between periods.

No liquids are allowed for either wrestler during this break period.

A maximum of three (3) minutes is allowed for overtime.

A maximum of two (2) minutes is allowed for injury time.

STOPPING AND CONTINUING THE BOUT

In all cases when wrestling has been stopped “standing”, it will recommence “standing”. Wrestling must be stopped and resumed at the center of the mat in the standing position if:

- one foot touches the protection area
- the wrestlers in a hold go into the zone with three or four feet without executing the hold and stay there

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WRESTLING IN “PAR TERRE” POSITION

In all cases if the wrestler leaves in a “par terre” position, wrestling starts again in a “par terre” position, whether dominated or the result of an action.

Wrestling in the “par terre” position must be stopped and resumed at the center of the mat, also in “par terre” position when:

The defending wrestler is on his knees in the zone and is touching the protection area with both hands.

The defending wrestler is flat on his belly and is touching the protection area with his head. A wrestler finds himself in a dangerous fall position on the protection area or his shoulder or his elbow are touching this area. If, because of an injury, a wrestler dominated on the ground requests a stop in the bout, it will continue with him on the ground. It would also continue on the ground if the attacking wrestler requests a stop of the match.

TYPES OF VICTORIES

A bout may be won by;

-a fall

-Obvious superiority (10 points difference).

-Injury, withdrawal, default

-Disqualification of the opponent

-Points, with the winner having to score a minimum of three technical points in regulation time or extra time

-A decision of the officiating team at the end of extra time, if no winner could be declared earlier.

EXTRA TIME

During the extra time, the clause, regarding the advantage of risk shall also be applied and the wrestler applying the scored hold is always deemed to have scored the first point.

The extra time shall last a maximum of three minutes. If at the end of that time, neither wrestler can be declared the winner, the officiating team shall make the decision. All points, cautions (O) and warnings for passivity (P) the wrestlers have accumulated during regulation time remain valid and shall serve as criteria when the officials make their decision at the end of the extra time.

VALUE ASSIGNED TO THE GUT WRENCH AND ANKLE LACE HOLD

The gut wrench and ankle lace hold shall be evaluated as follows:

The point value for the gut wrench and its variations and the ankle lace hold is two (2) points when executed in the danger position and one point when there is no danger position.

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Technical points shall not be awarded for several consecutive executions of these holds.

To earn points for another gut wrench or ankle lace hold in a bout, a wrestler who has already executed a gut wrench or ankle lace hold is obliged to score one technical point before again executing either hold.

The ankle lace hold may only be executed once consecutively in order to avoid injury.

A wrestler may execute a gut wrench several times in order to prepare for another hold or a fall. However only the first gut wrench under the conditions described above will be scored.

When a wrestler applying a gut wrench moves to an instant fall situation, HIS OPPONENT will always receive the two points regardless of whether the attacker receives two, one or zero points.

When a wrestler receives a warning for passivity (P) and in all situations where wrestling is ordered in “par terre” after an interruption of the match, he may again execute a gut wrench or ankle lace hold, not withstanding the rule regarding the mandatory point between them.

GRAND AMPLITUDE HOLDS

Any action or hold by a wrestler in the standing position is deemed to be a “grand amplitude” hold 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 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 hold.

If the wrestler executing a grand amplitude hold himself touches the mat with both shoulders, he receives three or five points and his opponent receives two points, due to the instantaneous fall in the execution of the hold.

TECHNICAL POINTS FOR ACTIONS AND HOLDS

Winners in Greco-Roman and Free Style must score a minimum of 3 technical points.

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)

-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

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- 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 illegal 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
- in wrestling on the ground, to the wrestler who has been dominated, controlled or brought to the ground and who raises himself up to a standing wrestling position facing his opponent and remaining in contact with him
- in order to stimulate spectacular holds requiring great technical effort, officials shall award an additional point for any hold executed during a lift from the ground that causes the attacked wrestler to completely lose contact with the mat. In this situation, the referee shall award five or three points and will then also award the additional point

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 an 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

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, insofar as the attack results in an immediate danger position
- to the wrestler who executes a grand amplitude hold which does not place the opponent in a direct and immediate danger position

NOTE: 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.

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5 POINTS:

The following are regarded as holds worth five points:

- all grand amplitude holds executed in a standing position which brings the defending wrestler to a direct and immediate danger position
- the hold executed by a wrestler in the “par terre” position who lifts his opponent off the ground with the execution of a grand amplitude hold which projects the opponent into a direct and immediate danger position

CLASSIFICATION POINTS

4 POINTS FOR THE WINNER AND 0 FOR THE LOSER:

- victory by fall
- technical superiority (10 points difference) with the loser scoring no technical points
- injury
- withdrawal
- default
- disqualification

4 POINTS FOR THE WINNER AND 1 POINT FOR THE LOSER:

- victory by technical superiority (10 points difference), with the loser scoring technical points

3 POINTS FOR THE WINNER AND 0 FOR THE LOSER:

- when the bout ends in a victory on points with the obligation to score the minimum three technical points during regulation time or extra time, and the loser scores no technical points
- when the winner is declared by a decision of the officiating team and neither wrestler has scored technical points

3 POINTS FOR THE WINNER AND 1 POINT FOR THE LOSER:

- when the bout ends in a victory on points with the obligation to score the minimum three technical points during regulation time or extra time, and the loser has one or more technical points
- when the winner is declared by a decision of the officiating team without the three regulation points being scored, or if the result is still tied by the end of extra time but both wrestlers have scored technical points

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TECHNICAL SUPERIORITY

In addition to being stopped because of a fall, withdrawal or disqualification, a bout must be stopped before the end of regulation time if there is a difference of 10 points between the wrestlers.

The bout may not be interrupted to declare the winner by technical superiority until the action is completed (immediate attack or counterattack)

DECISION BY OFFICIALS

If, by the end of a bout's three minute extra time, no winner can be declared because:

- neither wrestler has scored three technical points
- their scores are still tied

The mat chairman shall consult with the referee and judge and, on the basis of the known criteria (technical points, cautions (O), warning for passivity (P) and general impression) the officials shall determine the winner by a 2-1 vote and the winner shall be announced by the referee. Generally the wrestler who has scored the highest number of technical points shall be declared the winner.

PASSIVITY

In order to combat passivity and when a wrestler deliberately acts contrary to the FILA philosophy of total universal wrestling, the referee must stimulate the passive wrestler without interrupting the bout.

EXAMPLE:
RED: ACTION
RED: CONTACT
RED: OPEN

If the wrestler remains passive after this command, the referee shall announce passivity by raising the arm bearing the color of the passive wrestler. Then, after the judge or mat chairman show agreement by raising the bat bearing the color of the wrestler at fault, the referee shall stop the bout and give a warning for passivity. This warning will be recorded on the score sheet of the judge and mat chairman by a (P), as a reminder.

The referee will then ask the active wrestler, by corresponding gestures, if he wishes the wrestler at fault to take the "par terre" position to resume the bout, or if he wishes the bout to continue in the standing position.

This warning may be given an unlimited number of times to either wrestler.

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ORDERING OF “PAR TERRE” POSITION

Wrestling in the “par terre” position is ordered when:

- the defending wrestler leaves the wrestling area while dominated and controlled
- the wrestler who is on his knees and dominated in the zone touches the protection area with both hands
- the defending wrestler is flat on his belly and touches the protection area with his head
- the wrestler flees the mat when placed in danger
- the active wrestler requests his opponent to assume the “par terre” position after a warning for passivity (P) or a caution for an illegal hold (O).

In all other cases, the bout shall resume in the position in which the referee stopped the bout.

PENALTY FOR AN INCORRECT STARTING POSITION

When wrestlers have been ordered to take the “par terre” position, they may not always assume the correct position or may waste time in order to rest (this is true for both the attacker and defender). In this case, the referee shall use the following procedure for the wrestler who refuses to take or does not immediately assume the correct position:

FOR THE WRESTLER UNDERNEATH (BOTTOM)

- first time: a friendly caution (attention)
- second & subsequent times, a warning (like a warning for fleeing the mat or illegal hold (O), and one technical point to his opponent and choice of position to the top wrestler.

FOR THE WRESTLER ON TOP

- first time: a friendly caution (attention)
- second & subsequent times, a warning (like a warning for fleeing the mat or illegal hold (O) and one technical point to his opponent and choice of position for the wrestler who was underneath.

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

- 1 caution against the wrestler at fault (O)
- 1 point to the opponent
- choice for the active wrestler to resume the bout in the standing or “par terre” position

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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: 1 point + caution (O) against the opponent. Choice of position for the attacking wrestler.

Fleeing the mat in danger: 2 points + caution (O) against the opponent.

Choice of position for the attacking wrestler.

All points for fleeing the mat are considered technical points

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 Free Style wrestling, it is necessary to accompany the opponent to the ground.

In Free Style wrestling, a scissor-lock with the feet crossed on the head, neck or body is forbidden.

ALL ILLEGAL HOLDS AND ACTIONS AS STATED IN THE EXISTING RULES BY FILA FOR FREE STYLE AND GRECO ROMAN WRESTLING ARE STRICTLY PROHIBITED AND WILL BE ENFORCED WITHOUT HESITATION BY THE OFFICIATING TEAM.