

Rule Book & Guide to Wrestling

FREESTYLE, GRECO-ROMAN & FEMALE WRESTLING

2026 Edition???FOR ALL AGE DIVISIONS

Last Updated: 06/26/2026 10:53:05



***The official UWW rule book supersedes this publication at all times. This rule book does not reflect rule modifications for UWW qualifiers or international competitions.**

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Points of Emphasis

2026 POINTS OF EMPHASIS

1. Treading on the feet is no longer a prohibition in FS or WW.
2. When the action in a bout starts from standing, transitions to parterre/grounded position and then proceeds to go out-of-bounds with no points scored while on the mat, a stepout will be scored for the opponent of the athlete who goes out-of-bounds first. Wrestling will restart in a standing position, unless the defensive athlete commits a foul while in parterre. Out-of-bounds is indicated when the full head of the athlete touches the protection area or the upper body/pinning points of an athlete are no longer contained within the cylinder of the wrestling area.
3. Special criteria has been adapted for Greco-Roman bouts whose final score ends 1-1. See rule 10.2.
4. Two defensive leg fouls is no longer cause for match disqualification in GR, although defensive leg fouls will count towards the allotment of three fouls allowed in a GR bout.
5. There will be renewed emphasis on referees recognizing and preventing positions of strangulation and actions that put pressure or force against the joint, including kickback situations and bow and arrow maneuvers. While the kickback and bow and arrows themselves are not illegal actions, they can easily become illegal if undue pressure or force is put against the joints of the knee and ankle.
6. Challenge rules have been updated and modified to better clarify situations in which time will be added to the clock during a challenge situation.

Foreword w/PowerPoint Rules Explanation

Wrestling, like all other sports, obeys rules that constitute the “Rule of the Game” and defines its practice, the aim of which is to “pin” the opponent or to win by scoring more points.

Greco-Roman (GR) and Freestyle (FS) wrestling differ as follows:

In Greco-Roman Wrestling, it is strictly forbidden to grasp the opponent below the beltline to trip him, or to use the legs **actively** on his opponent to perform any action.

However, in Freestyle and Women's Wrestling (WW), it is permissible to grasp the legs of the opponent, to trip him or her, and to use the legs actively to perform any action.

Beach Wrestling and Folkstyle Wrestling are subject to specific regulations that are not addressed in this publication.

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. This rulebook is being continually updated.

This link will connect to a [DOWNLOAD PRESENTATION](#) PowerPoint Presentation that explains Freestyle and Greco Rules along with numerous video examples of the application of the rules.

Modern Wrestling

This rule book contains the USA Wrestling rules of Greco-Roman, Freestyle, and Women's Wrestling, as dictated by the international governing body of wrestling, United World Wrestling (UWW). **At all USA Wrestling age-level regional and national championships that have no World Team Trials component, UWW scoring rules and prohibitions shall be in effect. USA Wrestling may have modifications to weigh-in procedures, uniforms, bracket system, etc., to be included in this rulebook.** All Senior, U23, and UWW age group events (including all world team trials events) sanctioned in the United States will adhere to the UWW rules with some modifications to the pairings procedures, weigh-ins, and protest procedures.

This rulebook is fluid--UWW makes adjustments to the rules periodically to help the sport adapt to changes it sees during higher-level competitions, which trickle down to all levels in our domestic system. The rules are generally made with the Senior athlete in mind, but appropriate modifications may be made to these rules by USA Wrestling to cater to the ability and safety of younger athletes.

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

3.1 Universal wrestling: Universal wrestling is a quality that enriches the sport. Universal wrestling requires a variety of actions and holds and the development of new techniques. It applies to wrestling in the standing and par terre positions. The wrestler must strive to master the techniques involved in as many scoring actions as possible. The wrestler, who exhibits diversity in their performance throughout the match, is wrestling universally. This mentality exists in both offensive and defensive situations where wrestlers are expected to attack and counterattack continuously during the match. Officials will use tactics, commands, and strict application of the rules to see that the ideals of total universal wrestling are obeyed.

3.2 Passivity: penalty for not actively scoring points or attempting to score points. Any attempt to avoid wrestling — by blocking, by pushing, by going out of bounds, by “playing the edge” can be deemed to be passivity. In matches where neither athlete is scoring many points, passivity can be called to help stimulate scoring. Passivity is not to be confused with “fleeing.”

3.3 Risk: Risk is the willingness of the wrestler to expose themselves to the possible loss of position or points during attempts to score against their opponents. The courage to take risks is the quality of a strong wrestler. The coach must insist upon the development of this quality and instill this quality in all wrestlers. The concept of risk in wrestling should not be misinterpreted; it does not mean that the wrestler can execute a hold improperly and not lose points or the advantage of their position.

Weigh-In Procedure

- 4.1 No wrestler may be accepted at the weigh-in if they have not undergone a medical examination within the time period stipulated in the regulations governing the competition in question. Medical examinations are always performed before the weigh-in at all levels of competition.
- 4.2 Medical examinations shall be conducted with the wrestler’s unmodified singlet as produced/manufactured, with shoulder straps up. Women/girls shall wear a singlet designed for females. Men/boys shall wear a high-cut singlet.
- 4.3 Wrestlers must show their USA card and registration form to receive a weigh-in card.
- 4.4 Athletes must wear an unmodified singlet as produced/manufactured and must submit to a skin disease screening prior to weigh-in, where any wrestler who presents any danger of a contagious disease will be eliminated from competition.
- 4.5 No weight tolerance will be allowed for the singlet at any age level.
- 4.6 Wrestlers should not be allowed to change out of their singlets into their normal attire in the weigh-in area. The wrestlers should be directed to a private area away from the weigh-in area to change their clothes.
- 4.7 Contestants must be in perfect physical condition, with their fingernails cut very short. A wrestler’s face and/or head hair (if short in appearance) must be cleanly shaven or have growth that is non-abrasive.
- 4.8 For all the competitions, wrestlers may only weigh in at one weight.
- 4.9 Any means of drastic weight reduction is strictly prohibited. The practice of dehydration by use of rubber, plastic, or rubberized nylon suits, hot rooms, hot showers, hot boxes, saunas, steam rooms, heating devices, diuretics, emetics, laxatives, excessive food or fluid restriction, and self-induced vomiting is a violation of USA Wrestling rules. Violation of these rules shall cause the individual(s) to be disqualified from the competition. Athletes may not leave the weigh-in area or initiate any activity as a means of weight reduction.
- 4.10 For 16U & 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. Second day weigh-ins shall be given a 2 lb allowance.

- 4.11 For the Kids FS/GR Nationals and Kids/16U Regional Competitions, weigh-ins shall occur as established by the Kids/Cadet Council and Region Councils, respectively. For the Kids/16U 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 the National Competition in the Kids Division, wrestlers need only weigh in once if competing in both styles.
- 4.12 For any Regional or National Championship, any weigh-in shall only be valid on the day of weigh-ins plus 2 additional days.
- 4.13 For all Junior Division Regionals, weigh-ins shall occur a maximum of three and a minimum of two hours before competition on the 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.
- 4.14 For all Kids, 16U, U17, Junior, U20, and U23 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, UWW 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 tournament-provided scale or designated "over" scale located in close proximity to the initial weigh-in scale(s).
- 4.15 All Senior, U17, U20, and U23 events have adopted a two-day weigh-in format. The first weigh-in will occur the morning of the first day of competition and shall last 30 minutes; all athletes must attain scratch weight. The second weigh-in will occur the morning of the second day of competition and will only involve the competitors still active in the weight category; this weigh-in shall only last for 15 minutes unless otherwise noted. Athletes must attain scratch weight for the second weigh-in.
- 4.16 For Kids, 16U, U17, and Junior divisions, a wrestler who does not weigh in, or fails to make weight according to the above restrictions, 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.
- 4.17 All competitors in Masters Class C, D, and E must present a letter of medical clearance at the USA Wrestling National Events medical check to weigh in that states the competitor is cleared to compete without any restriction. The letter must state that the competitor has the cardiovascular ability to compete in an intense, vigorous competition per UWW Regulations. The letter must be dated within 90 days of the competition. The letter must clearly identify the location and contact information of the MD or DO who authorized the athlete for competition.

The Bout

- 5.1 The use of protective headgear of the type required for scholastic wrestling is authorized and recommended in Junior, 16U, and U17 competitions. Headgear is allowed in U20, Masters, Senior, and U23 competitions. Headgear is **recommended, but not required**, for all age groups and all

styles of wrestling in all USAW competitions. It is no longer required that headgear be removed in the UWW or USAW age divisions at the request of the opponent. 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.

- 5.2 Wrestlers must wear shoes designed specifically for wrestling, with firm ankle support. Furthermore, competitors are required to secure shoelaces or wear a wrestling shoe fixed with an apparatus that prevents the unfastening of the laces.
- 5.3 Women wrestlers must wear a properly fitting sports bra underneath their singlets.

All wrestlers are prohibited from:

- 5.4 Wear bandages on wrists, arms, or ankles except in the case of injury and on the chief medical officer's or head athletic trainer's orders. These bandages must be covered with elastic straps. Hard (knee) braces must be covered with a minimum of ½ inch closed-cell neoprene padding. Currently, USAW modifications allow for the wearing of the “stocking “ knee pad in FS and Greco as long as the skin is visible above and below the covering. There must be a pad at the knee. The chief medical officer or head athletic trainer (or if unavailable, the head wrestling official), prior to competition, has final approval for any accessory taping or protective equipment.
- 5.5 Wearing any tape on only one finger. Tape can be worn to provide support to two or more fingers. Again, the chief medical officer or head athletic trainer has final approval of any accessory taping worn by the athlete.
- 5.6 Apply any greasy or sticky substance to the body.
- 5.7 Arrive at the mat perspiring for the beginning of the first or second periods of a match. It is the responsibility of the coach and the wrestler to report dry and “toweled down”. Referees may not mandate that wrestlers “dry off” during the middle of a period.
- 5.8 It is forbidden to wear earrings, barrettes, bracelets, rings, or any metal or rigid object, as well as a men's wrestling singlet with a T-shirt underneath. Female wrestlers are prohibited from wearing underwire bras.
- 5.9 Female wrestlers, due to their cultural or personal beliefs, are allowed to wear a classical wrestling uniform as stipulated by UWW. This uniform includes:
 - Two or one-piece bodysuit consisting of long leggings/tight pants and a long-sleeved tight shirt (blue / Red).
 - The standard ear guard should be soft and does not have any metal or hard objects.
 - If the female wrestler opts to wear hair protection, the hair covering must be nylon or other suitable stretch fabric and must be covered under the ear guard.
 - Standard wrestling shoes.



- 5.10 The wrestlers must come to the mat fully dressed and prepared to wrestle. If the athletes do not come to the match prepared, they are allowed one minute to conform to the rules; otherwise risking disqualification from the match. Under no circumstances are the athletes allowed to change their singlet mat-side—this must be done in a private area at the arena.

The Mat

The official international mat consists of four distinct areas:

- The **Center area** is a 7-meter diameter circle.
- The **Starting area** is a one-meter circle in the very center of the mat.
- The **Passivity zone** is a one-meter band around the perimeter of the Center area. The passivity zone may be marked by taping a line of dashes inside the out-of-bounds line.
- The **Protection area** should extend a minimum of 1.5 meters beyond the Passivity zone.
- The inner 10-foot folkstyle circle has no meaning internationally, and when standing, the contestants start in the middle, facing each other about a meter apart. The athletes don't need to begin the match or subsequent restarts on any “starting” lines.
- One corner of the mat should be marked in red and the other 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 judge's table. UWW-approved mats are not required for domestic competition.
- For local and state level competitions for the age groups 14U and younger, 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.
- The protection area must be clearly marked. Each pair of wrestlers is entitled to a wrestling area devoid of obstructions, including other wrestlers, coaches, observers, etc.
- On mats where a line is used to indicate the out-of-bounds, the outermost edge of that line is considered as the true out-of-bounds. For purposes of this rule, the line itself is still considered part of the wrestling area.
- The area around the mats should be large enough to accommodate a table for the mat chairman and volunteer clock controllers, a table for the judge, one or two score clocks, and any necessary video equipment used. There should still remain adequate space for the protection of the athletes.

The Refereeing Body

7.1 All officials should look professional and well-groomed. Jewelry, outside of a wedding ring and a watch to accurately determine the end time of a match, should not be worn. The official uniform for the USWOA shall include a black polo shirt, black trousers, a black belt, black socks, and black shoes. The officials will wear a blue armband on their right wrist and a red armband on their left wrist. They shall have a functioning whistle and lanyard available.

7.2 If possible, each bout should consist of three officials—a mat chairman, a referee, and a judge. However, if the size of the tournament at local, state, and regional events exceeds the available number of officials, it is acceptable to not use three officials. Decisions must be made unanimously or by a majority in all cases of judgment. The mat chairman is seen as the leader of the crew, whose opinion is only necessary when the referee and judge disagree in the evaluation of the match. However, the mat chairman must approve all cases of a fall, all cautions, and all cases of passivity in both FS and GR. In no way is the mat chairman allowed to change the call of the referee or judge without consultation of the entire crew. It is also the duty of the mat chairman to consult with his or her crew when they see a blatant misapplication of a rule or an obvious mistake. If a challenge is requested by the coach or athlete, the mat chairman, along with the assigned UWW delegate or USA Wrestling head official, will watch the video of the action in question to decide the most appropriate score. The mat chairman is the only person who is allowed to confer with the coaches if they have a question.

7.3 The judge's duties include calling actions and holds as they see them. They may initiate calls, including falls if they feel the referee was not in a proper position to evaluate those actions.

7.4 The referee's main duties include maintaining the safety of the wrestlers at all times, starting and stopping the match appropriately, and in most cases, being the first to offer their judgment in evaluating actions. It is essential for the referees to move with the wrestlers and anticipate the actions of the wrestlers to be in the best position to evaluate actions as they occur.

7.5 The referee shall use proper UWW vocabulary in a loud and assertive manner during a match to inform the wrestlers to be more offensive, to stay in the center of the mat, or to warn them about any impending penalties they may be subject to if they do not change what they are doing. It is also essential that the referee use hand gestures to indicate which wrestler is being warned to help the other officials, coaches, and spectators understand what they are looking for. UWW vocabulary includes:

- **ACTION:** to inform one or both wrestlers to wrestle more aggressively and actively try to improve the position or to attempt more scoring maneuvers.
- **CONTACT:** to inform a wrestler to place his/her hands on the back of their opponent in a par terre starting position or to assume body-to-body contact in the standing position. This term is often used for wrestlers who are failing to engage holds with their opponent.
- **OPEN:** the wrestler must alter their position to allow their opponent to take hold. Often used when wrestlers are “clammed up” while in par terre, interlocking fingers, or blocking holds of their opponent in a standing position.
- **NO BLOCK:** used to warn a wrestler that they are using their hands, arms, or head to block offensive activity from his or her opponent and must change tactics to allow their opponent to take hold.
- **ATTENTION:** used to warn wrestlers of an illegal action or impending penalty. Often tied to passivity or fleeing-type actions as well as potential leg fouls in Greco-Roman.

- **HEAD UP:** used to inform the wrestler to raise their head to avoid using the head as a weapon and/or blocking tool.
- **CONTINUE:** used if the wrestlers stop due to confusion (a whistle on an adjacent mat, e.g.) or if the wrestlers should continue an action where a potential score is developing slowly.
- **ZONE:** used to inform a wrestler that they have entered the 1-meter outer perimeter of the mat area and that they are close to going into the protection area.
- **CENTER:** used to inform the wrestlers to attain position away from the out-of-bounds and closer to the starting area on the mat
- **PLACE:** used to inform the defensive wrestler in par terre that they are getting close to the boundary and should make an effort to stay in the wrestling area.
- **NO FINGERS:** this is to inform the wrestlers to quit grabbing or interlocking fingers from any position on the mat. If twisting is involved, this is an illegal hold and should be penalized immediately. If a wrestler continues to grab fingers after a verbal “open” command has been given, the wrestler at fault will be penalized with a caution and his opponent will receive one (F/S) or two points (G/R).

Call to the Mat

8.1 The wrestlers are either called to the mat or their bout number, and the assigned mat is indicated on a revolving USA Bracketing screen located at the wrestling venue. Wrestlers are only guaranteed a 15-minute rest between bouts in all styles (20 minutes per UWW rules, to be used only in UWW events). However, this rule will not apply to events that serve as a world championship trials event or qualifier for a trials event, where the rest time will be 30 minutes. If a wrestler is not present at the time of his/her bout, they will be called over a loudspeaker three times at 30-second intervals. If, after the third call, the wrestler is not present, he or she will be disqualified from that match, and the opponent will win by default.

8.2 Competition Singlet Specifications

Predominantly red or predominantly blue singlets are allowed, as well as singlets mimicking the UWW color scheme. All singlets utilizing the UWW color scheme shall have a total of three (3) markings consisting of:

- *Two 7 cm bands, one on each leg, shall be positioned across the bottom edge of the leg. For a clear distinction, the marking shall cover the circumference of the leg.*
- *One 7 cm band positioned on the backside of the upper torso. The band shall be exclusively placed on the back half of the singlet (not visible on the front half).*
- *The three markings must remain untouched by any graphic, logo, or third-party identification.*
- *The red markings shall be Pantone 2347C, and the blue markings shall be Pantone 299C*

This singlet color rule applies to USAW Freestyle and Greco competition only and does not apply to USAW Folkstyle competitions. Folkstyle competition singlets can be any combination of colors, as they often feature red/green leg bands. Per United World Wrestling (UWW) regulations, no shorts,

leggings, arm sleeves, or other undergarments are allowed to be visible from underneath the singlet. The wrestler's uniform must be corrected before competing or face disqualification

For 16U and Junior Division National Championships ("Fargo"), athletes must wear their state-approved singlet. For males, only a high cut is allowed. Athletes competing in USAW Senior Team Trials shall be required to wear the "high cut" singlet as stipulated by UWW. The use of a low-cut or two-piece singlet/uniform is not allowed at any Freestyle or Greco-Roman USAW Regional or National Championship. For any regional, national, or international competitions held in the United States, female competitors in all age divisions must wear a women's cut singlet.

Interruption of the Bout

- 9.1 The referee is obligated to stop the match if they determine a situation to be potentially dangerous and could cause harm to either wrestler. The mat chairman and judge should also have an active role in recognizing potentially dangerous actions and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.
- 9.2 If a wrestler is clearly injured or bleeding, the bout must be stopped immediately, and the wrestler must be attended to by medical staff. Coaches are allowed to attend to the injured or bleeding wrestler but must not interfere with the medical staff or use the time to coach the wrestler. The unaffected wrestler must remain on the mat at all times but can be attended by coaches. The medical staff will determine bleeding management versus injury time and take appropriate actions. Bleeding time is limited to four (4) minutes from the time the medical staff declares bleeding time. If the bleeding time exceeds four minutes (4) the bout is awarded to the opponent as an injury default. Clean-up time is not considered part of the Bleeding time. After the appropriate medical treatment, the bout will resume in the same position the athletes were in just before the interruption. **SEE APPENDIX A**
- 9.3 Injury Time is unlimited if the medical staff requests the time and the referee grants the time. The medical staff must determine when the injury is assessed and recovery time is completed. Medical staff will serve to assess and treat injuries and determine if a wrestler can safely continue in the match. If a wrestler interrupts a bout without any blood or visible injury as determined by the competition doctor/medical staff, 1 point will be awarded to the opponent. The bout shall resume immediately in the same position as before the interruption.
- 9.4 The coach may not request recovery time and abuse could result in the refereeing team issuing a yellow card. If the bout cannot be continued due to medical reasons, the competition doctor/trainer in charge has the full authority to not allow the injured athlete to continue. This decision can not be contested. **SEE APPENDIX A**

- 9.5 No athlete is allowed to take the initiative to interrupt the bout by choosing to wrestle in the standing position from par terre. If after an “attention,” the athlete does this again, they will be penalized by a caution and one point to their opponent (all styles) for fleeing the hold.
- 9.6 Athletes should be given a reasonable amount of time to complete actions from all positions, assuming an action is imminent. If, however, the athlete is given multiple opportunities to score a given action to no avail or has been given adequate time to develop a scoring maneuver to no avail, the referee shall stop the match and restart the wrestlers in a standing position. Confirmation for this procedure is not required. **No time limit dictates when the referee should stop the match. If the offensive wrestler is working hard towards a scoring maneuver and not “faking it”, the referee is obliged to allow this to continue as long as they like.**
- 9.7 Out-of-bounds is determined by:
 1. one opponent having the entirety of their foot outside the boundary area while in a standing position,
 2. the whole head of the defensive wrestler **touches** the protection area while in par terre
 3. the pinning points/chest of the defensive wrestler, while in par terre, are in the protection area, but not necessarily touching the protection area.
 4. if, while in the standing position, the offensive wrestler has his/her opponent lifted completely off the mat and is in complete control, the offensive wrestler steps with both feet outside of the boundary, this will be deemed to be out-of-bounds. In this same scenario, the offensive wrestler will be allowed to finish his/her throw if they have one foot outside the boundary and completes the action in one continuous motion but should be stopped immediately once two feet step outside the boundary, assuming no throwing action has started yet.
- 9.8 If a line is used to indicate the out-of-bounds, the outside portion of that line is considered the true “out-of-bounds.” If a wrestler starts an action while in the wrestling area, that action will be allowed to continue and scored appropriately if it goes out-of-bounds, regardless of which athlete touches the protection area first. **However, counteractions cannot be scored out-of-bounds. For example, if Red starts a head and arm throw in-bounds causing Blue to go to his or her back out-of-bounds, and then Blue initiates a roll through, only the head and arm throw should score. The roll-through is not valid since Blue went out-of-bounds before starting the roll-through.**
- 9.9 All illegal actions (fleeing the hold, fleeing the mat, leg fouls in GR) should be scored appropriately with wrestling resuming in the position in which the infractions occurred. Control is not required to determine what position the wrestlers will restart after fleeing the hold or fleeing the mat scenario. If the defensive wrestler flees the mat while under attack and the offensive wrestler is able to finish his or her scoring action, the scoring action will be valid AND the defensive wrestler will be penalized with a caution PLUS one additional point to the offensive wrestler. Wrestling will resume in the par terre position. If the defensive wrestler flees the mat while under attack from a standing

- position and the offensive wrestler is unable to complete his or her scoring action, the offensive wrestler will score one point for the step out AND the defensive wrestler will be assessed a caution PLUS one additional point to the offensive wrestler. Wrestling will resume in the standing position.
- 9.10 Par terre refers to mat wrestling, defined as the wrestler/s having one or both of his/her knees on the mat; control is not required to be in this position. **For example, if Red snaps Blue down into a front headlock with Blue's knees on the mat and Blue decides to back himself out of bounds to avoid being turned, fleeing the mat could be called and the wrestlers would restart in par terre, Red being on top.** All lifts that start in a par terre position where a foul occurs by the defensive wrestler in the process of being lifted and/or thrown should be restarted in par terre.
 - 9.11 If a challenge is requested by a coach immediately after the refereeing body has awarded or failed to award a potential scoring action, the mat chairman will order the referee to stop the bout when the athletes have attained a non-pinning position and no more scoring is imminent. **If the athlete chooses to not want to challenge, it is his or her prerogative to inform the referee that they don't want to challenge before the review is initiated. Referees will not ask the athlete if they want to challenge.** The mat chairman and assigned referee delegate or assigned jury member will then review the video of the last scoring action or last scoring sequence and determine the proper scoring decision. The only situations in which a challenge will not be allowed are in the case of a confirmed fall or in situations of passivity. The actions leading to the fall or the time left in the match before the confirmed fall can be challenged, but the fall itself is not challengeable. The challenge is only available at designated national and regional competitions.
 - 9.12 **Wrestling will resume in the parterre position if:**
 - - While wrestling in parterre, the match was stopped for technical superiority and during the challenge, or referee consultation, it was determined to be scored incorrectly.
 - - The match was stopped for risk, but during the challenge, or referee consultation, points were awarded.
 - - In the case of an injury or a fault committed by the defensive athlete (such as fleeing the hold or fleeing the mat) during "parterre" wrestling.
 - 9.13 **Note: Video Challenge Policies are attached as an addendum.**

End of the Bout

10.1 Bouts may be won by:

- Fall: commonly referred to as "pin." **For all age groups, controlled** compression of the shoulder/scapulae simultaneously is necessary to obtain a fall. **There is no such thing as a "touch" fall.** Falls in the protection area are not valid—the head of the defensive wrestler must be in bounds for a fall to be considered valid. The referee and/or judge raises the hand (or paddle) of the offensive wrestler to request confirmation from the mat chairman for a fall. It is not obligatory for all three officials to offer an opinion when a fall call is requested, but the mat chairman must approve of

the fall for it to be valid. Once the fall is confirmed by the mat chairman, the referee should gently slap the mat and blow their whistle to end the match. The mat chairman, if not in the best position to see a fall, should respect the position of the referee and judge in relation to the athletes in determining whether a fall has been attained in making his or her official decision. [Video](#)

- **In a fall situation where the defensive athlete is in a danger position and screams to simulate an injury and a reason for this potential injury is not observed, the refereeing team is obligated to call a fall, with the mat chairman's approval.**
- By injury, withdrawal, default, or disqualification of the opponent (brutality or 3 cautions for rules infractions)
- By technical superiority—technical superiority is a difference of ten (10) points for FS and WW and 8 points for GR in all age categories. If a wrestler attains the point difference for technical superiority during the course of completing an action and the defending wrestler immediately produces a counteraction in bounds ("continuation"), that counteraction is valid and should be scored. If after that scoring sequence, there is no longer technical superiority, the match should continue without stoppage. It is the duty of the mat chairman to inform the referee to stop the match if technical superiority has been attained. NOTE: if a match is stopped for technical superiority while the athletes are in the par terre position and after a challenge the scored is changed to less than the required difference for a technical superiority, the athletes will restart the bout in the par terre position.
- By decision—one opponent has scored more points or has won based on criteria.

10.2 If the point total is equal at the end of a match, the following criteria will determine the winner, in this order:

1. Highest value scoring actions (most 5-point actions, most 4-point actions, most 2-point actions)
2. Least number of accrued cautions
3. Last technical point scored.
 - **NOTE:** Non-technical points in GR style include points given for passivity against the opponent, lost challenge point, and point for injury simulation. In Greco-Roman Wrestling, if the score ends 1-1, with both points being from the opponent's passivity, the first point scored will determine the winner of the bout. Further, in Greco-Roman Wrestling, if the score ends 1-1, but the first point scored is not technical (i.e., passivity of the opponent point, challenge lost by the opponent point, and similar situations), and the second point scored is technical (result of a technical action/hold or step out), then the technical point will have a "higher value" than the non-technical point, and the winner will be the last wrestler to score, for that wrestler has scored the "technical point".

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| SPECIAL CASES IN GRECO-ROMAN WHEN BOUT ENDS 1-1 |
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1	1	First passivity point scored by Red. Blue Wrestler scored a passivity point.	Red Winner
1	0	First point scored by Red but he has a caution.	Blue Winner
1	0	First point scored by Red due to a caution for Blue;	Red Winner
0	1	second point scored for Blue due to Red caution.	
1	1	First passivity point scored for Red but Blue scored a technical point.	Blue Winner
1	1	First technical point scored by Blue but then Red scored a technical point. Therefore since both points are "technical" the last point scored is the winner.	Red Winner
1	1	First point scored by Red (Blue lost a challenge). Blue then scores a technical point (Blue wins since he scored last "technical" point).	Blue Winner

10.3 Once the bout has concluded, the mat chairman should confirm the winner by holding his or her hand or paddle in the air corresponding to the color of the winning wrestler. The referee shall raise the hand of the winner in the direction of the chairman, and while holding the wrists of both wrestlers, rotate them towards the judge as they raise the hand of the winner. At this point, the referee will have the athletes shake each other's hand and that of the opposing coach. It is not obligatory for the athletes to shake the hands of the refereeing crew. The ear protectors, if worn, can be removed and held by the athlete but must not be thrown towards the coach or any spectator. The singlet straps of either athlete

must stay up until the athlete has left the wrestling area. If an athlete refuses to shake his or her competitor's hand or the hand of the opposing coach, they could be disqualified from the match (no classification points) or if egregious, be disqualified from the competition.

Value Assigned to Actions and Holds

To fully understand values assigned to certain holds, certain terms must be clarified:

- **11.1 PAR TERRE:** refers to mat wrestling where the wrestlers are in no advantage position and a wrestler/s is on his or her knees (think of a front headlock) or where one wrestler is in the dominant position on top.
- **11.2 INITIAL POSITION:** where the defensive wrestler has his or her chest facing the mat in a par terre position. The defensive wrestler must attain his or her initial position for the offensive wrestler to score multiple times off the same maneuver.
- **11.3 CORRECT HOLD/ACTION/THROW:** an action by the offensive wrestler that causes his or her opponent to change direction or move through the air and temporarily lose control, but does not cause the defensive wrestler to expose his or her back towards the mat. This situation can occur either in a standing or par terre position. It is the job of the officiating team to reward risk and good technique, hence the reward for "correct holds/throws." [Video](#)
- **11.4 DANGER:** refers to the position of the defensive wrestler when their back is exposed less than 90 degrees to the mat, while simultaneously contacting his or her head, shoulder, or elbow with the mat. When a defensive wrestler has his or her back exposed towards the mat, his or her head, shoulder or elbow must be in contact with the mat to be considered to be in a "danger" position. [Video](#)
- **11.5 TURN:** where the offensive wrestler causes the defensive wrestler to rotate his or her torso but does not hit any points of danger while being rotated. This position often occurs during an ankle lace where the defensive wrestler is in a "sitting" position as they are being turned.
- **11.6 SLIP or RISK:** where an offensive wrestler makes a solid attempt at a throw or other scoring action but is unsuccessful through no effort by the defensive wrestler, i.e. "risk." The offensive wrestler must not land directly on his or her back during the action for it to be considered a "slip." The referee must get confirmation from either the judge or mat chairman before stopping the match if they believe a slip occurred. Restarts will occur in the standing position. Slips can occur from either a standing or par terre position.
- **11.7 TAKEDOWN:** awarded to the wrestler who takes his opponent to the mat and then controls the opponent by passing behind the hips all while the defensive wrestler hits 3 points of contact simultaneously (head, hands, elbows, and knees). All takedowns are worth two points. To achieve a takedown the offensive wrestler must:
 - Pass behind their opponent from a par terre position.

- Take their opponent down to the mat from a standing position and pass behind their opponent's hips.
- Gain control of one or both legs of his or her opponent while that wrestler is on his or her hip or in a sitting position on his or her backside while the plane of the defensive wrestler's back is less than 90 degrees towards the mat all while the defensive wrestler plants their hand or elbow on the mat.
- Lock up a cradle position while the defensive wrestler does not actively hold the leg of the offensive wrestler. In this case, it is not necessary to pass behind the hips of the defensive wrestler.
- **Examples that are not takedowns** - if the offensive wrestler spins behind his or her opponent and the defensive wrestler attains a quadpod position, it is not considered a takedown until the defensive wrestler's head, elbow or knee contact the mat. The "Merkle" position, where one wrestler has his/her leg encircled inside the leg of his or her opponent while in par terre and has the head and arm of their opponent locked at the same time is not considered a takedown in international wrestling because the offensive wrestler has not passed behind the defensive wrestler. The hips of the defensive athlete must be covered for the offensive wrestler to achieve a takedown.
- 11.8 REVERSAL: awarded to the defensive wrestler who is able to overcome the dominant offensive wrestler from a par terre position and gain control. All reversals are worth one point. [Video](#)
- 11.9 FEET TO DANGER: where the offensive wrestler causes his or her opponent, from a standing position, to go into an immediate **danger** position on the mat. The offensive wrestler may be on his or her knees for this to occur. These actions must be continuous—any pause by the wrestlers on the mat prior to the defensive wrestler going into danger will only result in two points. All feet-to-danger actions are scored four points. If a "feet to danger" situation is considered to be "grand amplitude," that action should be scored five points (see below). [Video](#)
- 11.10 FLEEING THE MAT: where either wrestler goes out-of-bounds voluntarily and makes no effort to stay in the center wrestling area. This can occur in either standing or par terre wrestling. This is penalized by a caution to the wrestler at fault and one point to the opponent in all styles, assuming the defensive wrestler is not in danger. Restarts following a fleeing-the-mat call are dependent on whether the offensive wrestler finished his or her scoring action while the defensive wrestler was under attack. [Video](#)
 - If the defensive wrestler flees the mat while under attack and the offensive wrestler is able to finish his or her scoring action, the scoring action will be valid AND the defensive wrestler will be penalized with a caution PLUS one additional point to the offensive wrestler. Wrestling will resume in the par terre position.
 - If the defensive wrestler flees the mat while under attack from the standing position and the offensive wrestler is unable to complete his or her scoring action, the offensive wrestler will score one point for the step out AND the defensive wrestler will be assessed a caution PLUS one

additional point to the offensive wrestler. Wrestling will resume in the standing position.

- **SPECIAL SITUATION: IF THE DEFENSIVE WRESTLER FLEES THE MAT WHILE IN THE DANGER POSITION, THE WRESTLER AT FAULT SHALL RECEIVE A CAUTION AND THE OPPONENT SHALL RECEIVE TWO POINTS IN WW, FS, AND GR. WRESTLING WILL RESTART IN THE PAR TERRE POSITION.**
- **11.11 FLEEING THE HOLD:** where either wrestler is avoiding contact with their opponent to prevent being scored upon. This can occur in either standing or par terre wrestling at any point in a match, but most often occurs when time is running out. Restarts following a fleeing the hold call shall start in the position in which the infraction occurred. **Recommended Procedure:** If the officiating team recognizes fleeing the hold while the athletes are in a standing position, they should stop and give an "attention" to the wrestler at fault assuming there is adequate time left in the period. If the same wrestler continues to flee the hold, then the referee should stop and ask for a caution and 1 point in all styles. Agreement from the mat chairman is necessary for this call to be valid. Blowing the whistle will stop the clock so that there is time left in the bout if the call is confirmed. **It is permissible to make this call with short time left in the match without a formal stoppage to give a verbal warning. In this situation, the referee shall loudly and clearly warn the defensive wrestler to "contact" or "take hold." If the defensive wrestler continues to avoid contact, the referee must stop the match prior to time running out and ask for a caution and one point to his or her opponent.**
 - **SPECIAL SITUATION:** If the athletes are in a par terre position and the defensive wrestler is fleeing the hold, the referee should seek confirmation from the mat chairman prior to blowing his or her whistle. If fleeing the hold is confirmed by the mat chairman, the referee shall blow their whistle, score the caution and appropriate points, and restart the athletes in the par terre position.
 - **SPECIAL SITUATION:** In GR, wrestlers are obligated to wrestle "chest to chest" in the standing position. If one wrestler maintains a "head down, hips back" posture in the standing position, the referee will stop the match and give the defensive wrestler an "attention" as a verbal warning to improve their position to encourage more active wrestling. If this same wrestler continues to maintain a poor position as the match goes on, the refereeing team may call this fleeing the hold (caution to the defensive wrestler plus one point to the offensive wrestler, wrestling will restart in standing position).
- **11.12 LEG FOULS:** actively using the legs to score upon or prevent being scored on in **GR** wrestling. The defensive wrestler in **GR** can not bend or raise either or both of his legs to prevent a hold from being executed. The defensive wrestler is also prohibited from creating a figure 4 with his own leg to prevent the top wrestler from stepping in between their legs during par terre wrestling. Brushing of the legs or any other inadvertent contact with the legs during **GR** wrestling should be ignored. Referees should point to a leg foul when they observe it. If the foul is being committed by the defensive wrestler and there is no imminent threat of harm to either wrestler, the action should be

allowed to be continued and scored properly. Once the offensive scoring action has been completed or stopped and confirmation of the foul has been given by the mat chairman, the referee should stop the bout, signal a caution for the wrestler at fault, and score two points for the offensive wrestler. Restarts should happen in the position in which the foul occurred. If the offensive wrestler commits a leg foul, he or she is given a strict "attention" and the wrestling restarts in a standing position. If the offensive wrestler commits another leg foul after the warning, that wrestler is then given a caution and one point to his opponent for an illegal action. Wrestlers are allowed up to three (3) cautions per bout prior to match disqualification. **NOTE: the regulation requiring match disqualification for two defensive leg fouls in GR style has been removed per 2026 UWW modifications.**

- 11.13 GRAND AMPLITUDE: any action or hold by the offensive wrestler from a standing position that causes his or her opponent to lose contact with the mat, makes him or her describe a broadly sweeping curve (vertical line) in the air, and brings them to the mat. If a grand amplitude throw lands directly in danger, five points shall be awarded. If a grand amplitude throw is executed but the defensive wrestler does not land in danger, four points will be awarded.
- 11.14 STARTING POSITION: in the standing position, athletes shall start the match in the one-meter starting area while facing each other. The athletes don't have to be in contact with any start line if using a folkstyle type mat. In the ordered par terre position, the bottom wrestler shall lie flat on their stomach with their arms stretched out in front and their legs stretched out to the back (neither the arms nor legs can be touching or crossed). The bottom wrestler may have their head on or raised above the mat. The top wrestler places BOTH their knees behind the arms of the bottom wrestler. The top wrestler must be positioned to either side of the bottom wrestler and is not allowed to straddle the opponent in any fashion. When ordered, the top wrestler places their hands anywhere on the back of the defensive wrestler without hesitation at which point the referee will blow the whistle. The bottom wrestler is allowed to work themselves to a standing position if they choose but they are strictly prohibited from closing off the arms/elbows after the match has been restarted. See the image below.



Further, in **GR**, it is illegal for the bottom wrestler to jump or lunge forward at the start. An "attention" is offered as the initial warning, followed by caution to the bottom wrestler and two points to the top wrestler for any incorrect starts or subsequent "jumps." In this case, wrestling shall restart in par terre. **When setting up for ordered par terre, the top wrestler must immediately move to the proper position and place their hands on the back of their opponent without hesitation. They are not allowed to "dance" around the mat or delay the start in any manner.**

- 11.15 STEP-OUT: if the attacking wrestler steps out first while in the process of an action, the following situations may occur:
 - If the action is completed, the points will be scored as appropriate.
 - If the action is not completed, the opponent will score one point because the offensive wrestler stepped out of bounds first.
 - If the offensive wrestler has lifted the defensive wrestler and steps out with both feet, the bout shall be stopped and no points will be awarded. If the offensive wrestler has the defensive wrestler lifted off the mat and only steps out with one foot but is in the process of completing the throw, the action should be allowed to continue and scored appropriately. All in all, if the offensive wrestler has the defensive wrestler lifted off the mat and either steps out with both feet or steps out with one foot and is not able to complete their throw or is not doing anything to try to score, the bout shall be stopped, no points shall be awarded and wrestling will restart in the standing position.

Visible pushouts in either style will not be scored. If a wrestler visibly pushes out their opponent (for e.g.- straight arm push-out), they will be given an "attention". Any subsequent pushouts will not be scored for either athlete. The "pushing" wrestler will NOT be penalized with a caution and points for his or her

opponent.

1 Point Actions

- 12.1 Step-outs—in FS and GR, if the offensive wrestler steps out-of-bounds first while completing an action, allow the action to continue and score. If the action results in no points, the opponent of the wrestler who stepped out-of-bounds first will be given one point (see exception immediately above). If there is no clear action that leads to the athletes going out-of-bounds, the opponent of the wrestler who goes out-of-bounds first will get one point.
 - **To avoid athletes intentionally going to their knees to avoid a stepout, in situations where the wrestlers start from a standing position and one or both athletes goes to a grounded/par terre position and a wrestler goes out of bounds, it shall be considered as stepping out and the opponent of the wrestler who goes out of bounds first shall be awarded 1 point. Once one athlete has gained control on the mat (i.e takedown or turn from grounded/par terre position) no points will be awarded for going out of bounds in this position therefore allowing for normal defense in these scenarios.** (Article 38 UWW International Wrestling Rules, modified 2026)
- 12.2 In **FS**, to the opponent of a wrestler designated as passive who fails to score during a 30-second activity period (see “passivity” section for further clarification). [Video](#)
- 12.3 In **GR**, to the opponent of a wrestler deemed to be passive (see “passivity” section for further clarification).
- 12.4 Reversals
- 12.5 In **FS**, all cautions, except for fouls in the danger position and fleeing the mat in the danger position, will result in one point to the opponent of the wrestler at fault.
- 12.6 In **GR**, all offensive fouls after a wrestler is given a friendly attention will result in the offensive wrestler receiving a caution and his opponent receiving one point.
- 12.7 In **FS and GR**, to the attacking wrestler whose opponent flees the mat in a standing or par terre position. Wrestling shall restart in the position in which the fleeing action occurred.
- 12.8 In **FS and GR**, to the attacking wrestler whose opponent flees the hold in a standing or par terre position. Wrestling shall restart in the position in which the fleeing action occurred.
- 12.9 In **FS**, to the attacking wrestler whose opponent commits an illegal hold that prevents the execution of that hold.
- 12.10 In **FS**, to the top wrestler whose opponent refuses the correct par terre position after a friendly “attention.” If the bottom wrestler commits the infraction he or she will receive a caution and one point is awarded to the top wrestler; wrestling will restart in par terre. If the top wrestler refuses to start correctly after a friendly “attention,” no cautions or points are awarded--wrestling will resume in the standing position.
- 12.11 To the opponent of the wrestler whose coach requested a challenge and the original call that is made on the mat is not modified after video review.

2 Point Actions

- 13.1 All takedowns.
- 13.2 In **FS** and **GR**, all correct holds/actions from a standing or lifting position.
- 13.3 In **FS** and **GR**, to the attacking wrestler who executes a hold that places his opponent's back at an angle of less than 90 degrees, including when the opponent is on one or two outstretched arms. Further, to the attacking wrestler whose opponent rolls onto the shoulders, turns their back to an angle less than 90 degrees or rotates hand to hand.
- 13.4 To the defensive wrestler who can effectively counter an offensive action and hold the offensive wrestler in a position of danger.
- 13.5 In **FS** and **GR**, to the offensive wrestler whose opponent flees the mat or commits a foul while in a position of danger. Wrestling shall restart in par terre.
- 13.6 In **GR**, all cautions except for offensive fouls, fleeing the mat (not in danger), and fleeing the hold, will result in two points to the opponent of the wrestler at fault.
- 13.7 In **GR**, to the attacking wrestler whose opponent commits an illegal hold or leg foul that prevents the execution of that hold.
- 13.8 In **GR**, to the top wrestler whose opponent refuses the correct par terre position after a friendly "attention." If the bottom wrestler commits the infraction they will receive a caution and two points are awarded to the top wrestler; wrestling will restart in par terre. If the top wrestler refuses to start correctly after a friendly "attention," no cautions or points are awarded--wrestling will resume in the standing position.

4 Point Actions

- 14.1 All feet to danger situations (the defensive wrestler must contact their head, shoulder, or elbow to the mat all while the back is facing the mat), except for grand amplitude actions that land in danger.
- 14.2 In **GR** and **FS**, all grand amplitude throws where the defensive wrestler does not land in danger.
- 14.3 All lifts from par terre or standing that cause the defensive wrestler to rotate in the air over a short amplitude and the defensive wrestler lands on one or two outstretched arms (not in danger). If the defensive wrestler maintains contact with the mat with one of his or her hands but is immediately placed in a danger position, the offensive wrestler will receive 4 points.

5 Point Actions

- 15.1 In **GR** and **FS**, any grand amplitude throw where the opponent lands directly in a danger position.

Passivity

16.1 Passivity is a tool that the officiating crew can use to stimulate action from a wrestler who is not actively attempting to score. Passivity can be observed as:

- Evading attacks without counterattacks
- Attacking without direct contact with the opponent
- Faked attacks
- Not able to control the center of the mat
- Grabbing wrists without starting an attack
- Regaining initial position after beginning an attack
- Evading into and maintaining position within the passivity zone
- Fixing one's opponent within the passivity zone
- Defensive wrestling
- Wrestling on one's knees while not in contact with the opponent
- In GR wrestling, no attempt to "hook" his opponent despite a good position

16.2 The referee should attempt to stimulate action using proper UWW vocabulary—"open," "action," "contact", and "head up," before officially asking for passivity confirmation. See below for style-specific passivity guidelines: [Video - FS](#), [Video - GR](#)

Freestyle Passivity Procedure-FOR 16U AGE DIVISIONS AND YOUNGER AS WELL AS MASTERS:

16.3 1st passivity violation

•16.4 Referee signals passivity with an open hand and an outstretched arm and gets confirmation from the mat chairman. To indicate confirmation is received, the referee raises the hand indicating the color of the passive wrestler. The match shall be stopped once no imminent scoring action is taking place. Because of the shortened time period in these age categories, no verbal warning is assessed before initiating an activity time.

•16.5 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 has started. The referee shall wait until the activity time is indicated on the scoreboard before restarting the match.

•16.6 If the passive wrestler fails to score at the end of the 30-second 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.**

•16.7 If the active wrestler scores, wrestling will continue without stoppage. The passive wrestler must score during activity time or risk giving up one point to his or her opponent. If the passive wrestler scores during this 30-second activity period, activity time is immediately canceled and no penalty is assessed.

Freestyle Passivity Procedure-FOR JUNIOR AGE DIVISIONS AND OLDER:

1st passivity violation

- 16.8 Referee signals passivity with an open hand and an outstretched arm and gets confirmation from the mat chairman. To indicate confirmation is received, the referee raises the hand indicating the color of the passive wrestler.
- 16.9 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 the wrestler is being passive.

2nd passivity violation

- 16.10 Stop the match once confirmation from the mat chairman is given and there is no imminent scoring action in progress
- 16.11 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 has started. The referee shall wait until the activity time is indicated on the scoreboard before restarting the match.
- 16.12 If the passive wrestler fails to score at the end of the 30-second 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 time.**
- 16.13 If the active wrestler scores, wrestling will continue without stoppage. The passive wrestler must score during activity time or risk giving up one point to his or her opponent. If the passive wrestler scores during this 30-second activity period, activity time is immediately canceled and no penalty is assessed.

Further passivity violations

- 16.14 Further activity periods can be initiated directly—no additional warnings are given after the first verbal warning. The first verbal warning does carry over between periods.
- 16.15 No activity period shall be given after 2:30 (1:30 in 16U and younger or Masters) or 5:30 (3:30 in 16U and younger or Masters)
- 16.16 All passivity calls must be confirmed by the mat chairman. It is obligatory that the officiating crew stop the match around 2:00 (1:00 in 16U and younger or Masters) and prior to 2:30/1:30 (if a score is in progress at 2:00/1:00) 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 (verbal warning) should be denoted as “V” in the match paperwork; all subsequent passivity violations shall be

denoted by "P." If in a 16U and younger or Masters match where the first-period score is 0-0 a wrestler can be put on the shot clock at 1:00 without stoppage for a verbal warning.

16.17 If a wrestler is put on activity time, they must score within the 30-second time frame allotted. If he or she starts an action before the 30-second time frame is completed, he or she will be allowed to finish the action, but if that action does not score by the end of 30 seconds, the opposing wrestler will be given one point. The match will not be stopped to award this point.

16.18 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.

16.19 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 wrestler at fault, and score one point to the opponent.

Greco Roman Passivity Procedure-FOR ALL AGE GROUPS

16.20 There are three scenarios in which the refereeing team needs to stimulate a match with a passivity call:

- 1. The score is 0-0 and wrestlers have had adequate time to score in the standing position**
- 2. The score is tied and one wrestler is clearly more active.**
- 3. One wrestler has the lead and his opponent acts too defensively.**

16.21 1st passivity violation in a match, regardless of wrestler (given after referee uses UWW vocabulary to stimulate "passive" wrestler):

- Referee signals passivity with an open hand and an outstretched arm and gets confirmation from the mat chairman. Upon confirmation, the referee stops the bout, the active wrestler is awarded one point and given the option to continue wrestling standing or on top in the par terre position.

16.22 2nd passivity violation, regardless of wrestler:

- Referee signals passivity with an open hand and an outstretched arm and gets confirmation from the mat chairman. Upon confirmation, the referee stops the bout, the active wrestler is awarded one point and given the option to continue wrestling standing or on top in the par terre position.

16.23 3rd and any subsequent passivity violation

- Referee signals passivity with an open hand and an outstretched arm and gets confirmation from the mat chairman. To indicate confirmation is received, the referee raises their hand indicating the passive wrestler, and stops the match. The active wrestler is given the choice of resuming wrestling standing or on top in the par terre position. The active wrestler WILL NOT be awarded one point. If a third passivity is given, it should only be given in a lower-scoring bout and sufficient time should be left in the second period to allow for enough time for a par terre sequence (approximately one minute left in a six-minute bout, for example).

16.24 If an athlete chooses to restart the match in the standing position after a passivity call against his opponent, this will count as one of the two allotted ordered "par terre" positions in the bout, even though the athletes are not restarting the match in this position. The restriction limiting to only one ordered par terre per period is no longer in effect. Time restrictions for offering passivity have been eliminated. Sufficient time should be offered to the top wrestler when in an ordered par terre position to allow for the development of scoring actions.

16.25 *NO FORMAL "VERBAL" WARNING IS GIVEN TO INSTITUTE THE GR PASSIVITY PROTOCOL IN ANY AGE CATEGORY OTHER THAN THE REFEREE STIMULATING THE WRESTLERS DURING THE COURSE OF THE BOUT.

16.26 All passivities shall be denoted by a "P" on the match paperwork.

16.27 It is possible for acts that are deemed to be passive early on in a period, could be considered fleeing the hold or negative wrestling (see next section) 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 or negative wrestling, they should stop the match and offer a verbal "attention" to the wrestler at fault. This way, the athletes, coaches, and fans will be able to differentiate when a wrestler is being called for passivity versus fleeing the hold/negative wrestling.

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

Negative Wrestling

17.1 Tactics employed by wrestlers whose only objective is to prevent scoring actions, avoid "open" wrestling, or deliberately cause harm to their opponent are considered negative wrestling. This can include, but is not limited to:

- Interlocking fingers
- Blocking the opponent with one or two hands to the face
- Brutality

17.2 Two approaches can be taken by the referee team to penalize a wrestler for negative wrestling:

1. The referee stops the match and gives the wrestler an “Attention,” clarifying to them what they need to change. If the negative wrestling persists, the referee should stop the match, ask for a caution, and award one point (FS) or two points (GR) to the opponent. The mat chairman must confirm this call to be valid.* Fleeing the hold in both styles is a caution and one point; fleeing the mat in danger is a caution and two points.
2. If the negative wrestling prevents an active scoring action or is considered beyond fair play (i.e., brutality), the referee can ask for a caution and one point (FS) or two points (GR) immediately without a formal “Attention.” The mat chairman must confirm this call to be valid.

17.3 Negative wrestling must be strictly applied in both styles.

17.4 Fleeing the Hold and 3rd Caution Procedure

17.5 For Fleeing the Hold at the end of the match or for a 3rd Caution to an individual wrestler that would lead to disqualification from the match to be granted, only the mat chairman must confirm with either the referee or judge for this to be valid. They will no longer require a unanimous agreement for these to be assessed. This will be consistent with all the other cautions given. Both situations can be reviewed if a challenge is issued.

Illegal Actions and Holds

18.1 ILLEGAL ACTIONS AND HOLDS IN ALL AGE DIVISIONS

- Pulling the hair, ears, and genitals, pinch the skin, bite, twist fingers, or toes.
- Kick, head-butt, push, apply force against a joint or the spine, 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 or toes (only seizing the upper part of the foot 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.

- An 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: In the U17 and younger age categories and all women's wrestling age groups, all full nelsons, with or without a leg hook on the opponent's leg, are illegal in all applications.**
- 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 **GR**, actively using the legs from an offensive or defensive position.
- In **GR**, 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 **GR**, 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 any other ways to prevent being scored upon.
- In **GR**, when the defensive wrestler raises or bends his legs in par terre to prevent being lifted and/or being scored upon. If the defensive wrestler is defending a lift and raises their leg opposite the direction in which the lift is being executed, this is permissible.
- In **GR** and **FS**, the defensive wrestler in par terre must maintain the 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, and yell "Attention, stop" to the defensive wrestler. If the "swimming" persists, a caution will be assessed to the defensive wrestler, and one point awarded to the offensive wrestler for fleeing the hold in all styles.

17.2 Starting in 2022, USA Wrestling has adopted all UWW rules for all age categories with no modifications concerning "in the circle" regulations. Illegal holds in the past (double arm bar w/sitout, cross chest cradle, three quarter nelson w/leg hook) are now legal in all age categories.

18.3 In any case, it is the discretion of the officiating crew of what constitutes a potentially dangerous situation and whether or not the match should be stopped for the safety and overall benefit of the athletes.

18.4 In most cases, 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 offense, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats his or her violation, he or she will be

punished with a caution, and one point will be awarded to his or her opponent. If the defending wrestler, by an illegal action, prevents his or her opponent from developing their hold, the defending wrestler will be given a strict "attention" by the referee during the match (assuming there are no safety concerns with either athlete) to warn them of an infraction in the rules. If the illegal action persists, the referee will stop the match and caution the wrestler at fault. If confirmation from the mat chairman is attained, his or her opponent will receive one point (FS) or two points (GR). If a wrestler commits an obvious offense against fair play within the spirit and concept of total and universal wrestling enunciated by USA Wrestling and UWW and openly cheats, commits a serious error, or engages in brutality, he or she will be disqualified immediately from the competition and eliminated by unanimous decision of the officiating team.

Brutality

19.1 It is against the rules to intentionally inflict pain on the opponent by using unnecessary roughness with the clear intent to injure an opponent. The wrestler who uses these types of holds and moves will be disqualified from the match they are competing in and will be disqualified from the tournament. If the officials decide to call brutality against a wrestler, it must be unanimous among all three officials. Any calls for the wrestler who committed brutality to be removed from the tournament will be reviewed by the head official.

The Coach

20.1 Each athlete is allowed two people in his or her corner during each bout. Coaches, doctors, trainers, photographers, etc. count against this two-person limit. If the competition doctor or trainer allows, the coach can assist their athlete during injury treatment. The coach is strictly forbidden from stepping onto the wrestling surface away from their designated corner. The coach is also strictly forbidden from influencing the decisions or insulting the refereeing body. He or she may only speak to their athlete. The coach is allowed to give the athlete water or a sports drink during the break. It is the duty of the coach to wipe his or her wrestler of sweat during the break using a dry towel.

20.2 If these restrictions are not observed, the referee is obliged to ask the mat chairman to present the coach with a YELLOW card (warning); if the coach persists, the mat chairman will present him or her with a RED card (elimination). The mat chairman may also present a yellow or red card on his or her initiative. The name of the coach given a yellow or red card shall be noted on the bout sheet.

20.3 *A yellow card may be given to a coach for misconduct/unsportsmanlike behavior. A red card may be given to a coach for continued and/or repeated misconduct/unsportsmanlike behavior (second yellow card) or may be given for severe misconduct/unsportsmanlike behavior. When a yellow/red card is issued to a coach, the official shall inform the coach, team leader, and tournament director. If a red card is given, the credentials of the coach will be taken and the coach must leave the arena. The coach is not allowed to be present for the remainder of the competition.*

Classification Points

Although most regional and national tournaments have gone to a straight-line bracket format, some individual states still offer a vertical pairing format for brackets at their events. Because of that, it is important to understand the classification points given to the athletes following a bout. This system is also used to determine team points in FS or GR dual events for USA Wrestling. Also, in international tournaments, classification points are used for placing purposes.

For the winner: 5	Fall (Pin); Injury Default, Disqualification for misconduct;
For the loser: 0	Disqualification for 3 cautions; Failure to make weight at the 2nd-day weigh-in at 16U/Jr. Nationals
For the winner: 4	Technical superiority, the loser scores no technical points.
For the loser: 0	
For the winner: 4	Technical superiority, the loser scored technical points.
For the loser: 1	
For the winner: 3	Decision, the loser scores no technical points
For the loser: 0	
For the winner: 3	Decision, the loser scores technical points
For the loser: 1	
For the winner: 0	Both wrestlers are disqualified for brutality; Both wrestlers
For the loser: 0	forfeit

Video Challenge/Protest Procedures

Challenge Procedure

What it is: The challenge is the action through which a wrestler in a bout, or a coach, acting on behalf of the wrestler, request that the bout be stopped at an appropriate time (when the athletes reach a neutral position and no further scoring is imminent) and request the jury and mat chairman watch the video evidence in case of disagreement with a call. This process will be available at USAW events that are designated for video review.

Who is on the jury? The jury will be comprised of 1 or 2 referees whose sole responsibility is to act as neutral referees to review challenges offered on his or her assigned mat or specific bouts at sanctioned USA Wrestling events, only utilizing video control technology established by USA Wrestling and/or local organizers.

What is the process?

1. The coach must issue a request for a challenge when they disagree with the decision of the referee team. This should be made from the coaching area on the corner of the mat. The coach is not allowed to walk into the wrestling area.
2. To request a challenge the coach must throw a colored object (challenge block) onto the mat to notify the referee team. The color of the object will correspond to the color of the athlete. The challenge block should not be thrown in an aggressive manner toward the referees or athletes. Failure to follow these guidelines will result in a yellow or red card for the coach.
3. A wrestler may also indicate his or her desire to challenge a scoring action once the athletes have come to a neutral position or there is a natural stoppage in the match by gesturing or asking the referee of their desire to challenge.
4. The mat chairman will indicate to the referee to stop the match to review the challenge as soon as the situation becomes neutral or there is no imminent scoring at that moment. Requesting a challenge does not require that a bout be immediately stopped.
5. If the wrestler disagrees with their coach's challenge, he or she can reject the challenge by telling the referee or mat chairman they do not want to challenge, and the match will continue. If the coach requests a challenge after the athlete has rejected the challenge, the coach will receive a yellow card.
6. In the case of dispute between the referee team and coach or wrestler, the mat chairman is allowed to refuse the challenge only after the approval of the assigned jury member/s for that mat. If the size of an event is too large and not enough referees are available to act as jury members, the mat chairman will be allowed to deny a challenge as described below. The jury and/or mat chairman can refuse the challenge during the following situations:
 - Confirmed falls and/or situations where a fall was not confirmed by the referee team. Challenges can be requested for fouls that may have occurred that led to the fall, or for time that may have expired prior to confirmation of the fall by the mat chairman.
 - Confirmed passivity by the mat chairman, as offered by the referee and/or judge.
 - Challenges not made in a reasonable amount of time. Coaches must issue the challenge within a reasonable amount of time from when the scoring action occurred or when the points went onto the

scoreboard. Wrestling is dynamic and this will be at the discretion of the mat chairman and jury. **IF A NATURAL STOPPAGE OCCURS IN THE MATCH AND THE CHALLENGE IS NOT OFFERED PRIOR TO RE-STARTING THE MATCH, THE CHALLENGE WILL BE DENIED.**

- Challenges made after the match has ended. The only exception is when points are added to the scoreboard after the time was out or when an action occurred just before the end of the bout.

7. The video will be displayed on a big screen monitor, projector, or TV if one is available for the competition. If one is not available, the jury and mat chairman can watch the video directly on the mat side computer. Only the official video from the replay system available at the event will be utilized for review; no personal video (cell phone, tablet, etc.) or alternate video angles from any streaming service not available to the jury and mat chairman will be used during the replay process and is strictly prohibited.

8. If there is a technical problem and the video is not available, the original decision will stand, and the coach will be given back the challenge block.

9. Each wrestler will be entitled to one (1) challenge per match. If, after reviewing the challenge, the jury and mat chairman modify the initial decision made by the refereeing team, the challenge can be used again during the match by the concerned athlete.

10. If after review, the original decision made by the referee team is confirmed by the jury and mat chairman, that wrestler will lose the challenge and his or her opponent will be granted 1 point.

11. Challenges will not be accepted by the refereeing body after the winner has been declared as indicated by the raising of the arm of the winning athlete.

12. Certain challenge situations that will result in time being added back on the clock:

- a. If a scoring action was determined to be risk from the attacking wrestler by the jury and mat chairman. The time will be reset to when the action of risk occurred. Any points scored after the action of risk occurred will be cancelled.
- b. If a scoring action or confirmed fall was determined to be a direct result of an offensive foul by the jury and mat chairman, the time will be reset to when the foul occurred.
- c. If a defensive foul occurs during any given action sequence, the refereeing team will allow the attacking wrestler to complete any offensive maneuver that he or she may be in the process of completing, and match time will continue to run. However, if a defensive foul occurs and is not recognized by the refereeing team, and there are no active offensive actions taking place, and a challenge is then offered by the opponent, time will be reset to the point of the defensive foul after video review.
- d. **Article 38 of the UWW International Wrestling Rules defines a “step out” as:**

“1 point - To the wrestler whose opponent goes into the protection zone with the supporting point one entire foot (in standing position) without executing a hold. Clarification for stepping out in standing wrestling for both styles: - When the attacking wrestler is the first to step into the protection area in the commission of a hold, the following may occur: -If the wrestler completes the hold successfully in a continuous action, he shall be awarded the requisite points--1, 2, 4 or 5 points. - If the wrestler is unable to complete the hold successfully, after stopping the action, the referee shall award 1 point to the opponent. -If the wrestler lifts and controls the opponent but is unable to complete the hold in a continuous action, the referee shall stop the bout but not award any point.

NB: When a wrestler deliberately pushes the opponent into the protection area with no meaningful action, he shall no longer be awarded 1 point (only verbal warning). However, in situations where the defensive wrestler steps out of the protection area in a grounded position (on the knees), it shall be considered as stepping out and the attacking wrestler shall be awarded 1 point.”

If a “step out” is missed during active wrestling and then successfully challenged after the fact, time will be reset to the point of the step out and all points scored after the missed step out will be cancelled.

- If any of the situations described in points a., b., c., or d. are determined to have occurred after a consultation by the refereeing team, the mat chairman will be allowed to ask the jury to use video review to determine the appropriate time the match should be reset to. No challenge will be required in this situation, nor can the actions in question be reviewed; only time will be considered. If an athlete or coach wants the situation to be reviewed regarding the scoring of the action, a challenge must be offered.
- If a technical error, as defined by Article 26 (i) of the United World Wrestling Regulations, is discovered by the jury that changes the winner of the bout after time has expired, the time will be reset to the point of the last stoppage in the bout.

13. All decisions made by the jury and the mat chairman will be final and will not be discussed. Therefore, it is not possible to request a “counter challenge” once a final decision has been rendered. Any coach who tries to “counter challenge” will be given a yellow card.

As outlined in UWW Regulations Article 26i:

“In the case of a serious technical mistake not seen by the referee team (examples: timekeeper mistakes, wrong points or caution published on the scoreboard, mistake in resuming the bout in parterre or in standing position, declaration of incorrect winner, clear fall not given, brutality, etc.), the jury member/s may interfere to correct the situation by requesting a consultation of the refereeing team or by video review.” In no case may the jury member/s interfere with the refereeing team regarding judgement situations such as how points were scored, passivity calls or negative wrestling calls.”

Protest procedure:

23.14 A. POST-BOUT PROTEST

If a tournament is specifically established with video challenge procedures, post-bout protests will typically not be accepted. **Protest Procedure Protests will only be accepted in USA Wrestling regional or national events. Protests will not be accepted in any tournaments used to determine international teams for UWW events (World Teams, Pan-Am Teams, etc.).**

A written post-bout protest is a notification of a potential ***procedural error*** on behalf of the referee crew that may have affected the results of the bout.

1. PROCEDURAL ERRORS

Procedural errors that may be protested include, but are not limited to the following:

1. Points were added or removed from the scoreboard. (Ghost points appearing/disappearing, which change the winner)
2. The posted scoreboard score and/or criteria are not correct. (Indicating the wrong winner)
3. Points were entered into the mat-side computer in inverse order. (Changing criteria and winner)
4. Flagrant technical violation of the rules. (The referee crew does not allow the challenge process to be initiated)

23.15 B. DURING THE BOUT

1. If any of the referee team recognizes a procedural error, they should notify the chairman, and the bout should be stopped to correct the error.
2. If a coach recognizes a procedural error, without fear of penalty, immediately request a challenge by throwing the challenge block onto the mat.
 - a. This will allow the referee crew to address and correct the potential procedural error.
 - b. Written post-bout protests will not be accepted if, during the bout, the coach could request a video challenge and failed to initiate the challenge process. (When in doubt, throw the challenge block onto the mat.)
3. If the situation dictates, the Jury may be required to assist.

23.16 C. POST-BOUT PROTEST FEE

1. The fee to submit a post-bout protest is \$250.00 U.S. Dollars.
2. Two situations in which the \$250.00 U.S. dollars fee will be returned to the protesting coach as follows:
 - a. The protest is accepted, and the final decision is ruled in favor of the protesting coach/athlete.
 - b. The protest is denied.

23.17 D. POST-BOUT PROTEST ACCEPTANCE CRITERIA

In the event an offended coach requests a post-bout protest, the following acceptance criteria will apply.

1ST Criteria. The coach has 15 minutes after the end of the bout to notify the tournament head referee of the situation that is being protested.

a. The coach must submit a completed USAW protest form along with \$250.00 U.S. dollars to the tournament head referee. The protesting coach must provide written details for the protest.

b. Failure to meet the 15-minute notification timeline will result in the post-bout protest being denied.

2nd Criteria. Did the coach throw the challenge block, without fear of penalty, to notify the referee crew of the potential procedural error during the bout?

a. If the challenge process was not initiated during the bout, the post-bout protest will be denied, unless the referee crew did not allow the coach to request a challenge for the protested situation.

b. If during the bout, a coach loses the challenge block, post-bout protests will be denied.

3rd Criteria. Is the post-bout protest based on judgment? If yes, the post-bout protest will be denied.

4th Criteria. Is the situation protestable? (Paragraph A, will apply.)

23.18 E. POST-BOUT PROTEST ACCEPTED

If a procedural error was determined to have affected the outcome of the bout, and the post-bout protest is accepted, the bout in question will be re-wrestled from the beginning of the period when the infraction occurred.

1. If the error was made in the first period of a bout, the entire bout will be re-wrestled.
2. If the error was made in the second period of a bout, only the second period would be re-wrestled.

23.19 WHEN IN DOUBT, THROW THE BRICK.

If the coach recognizes a procedural error as listed in Section A, they must immediately, without fear of penalty, request a challenge by throwing the challenge brick onto the mat. Failure to do this during the bout could disqualify any ability to file a written post-bout protest. Coaches are allowed to point out potential procedural errors to the mat chair, even if they don't have a challenge brick, much like they would when asking about correct time, score, or criteria.

Age Divisions and Weight Classes

24.1 [Link to: USAW and UWW Age Divisions and Weight Charts](#)

USAW Modification for Folkstyle Events with Video Challenge

25.1 USAW Modification for Folkstyle Events with Video Challenge

Bracketing

Double-elimination line-bracketing with complete wrestle-backs to eighth (8th) place for the Kids, 16U, and Junior Divisions, and third (3rd) place for the Veteran's division. All **KIDS** brackets will include matches for True 2nd if the wrestler finishing 2nd has not already wrestled the wrestler finishing in 3rd, there will be **NO TRUE 2ND FOR 16U & JUNIORS**.

25.2 Separation Criteria

Level 1: Previous Champion in Style and Age Group

Level 2: Previous 2nd-8th place in Style and Age Group, Previous Champion in Style and One Age Group

Younger Level 3: Previous Champion out of style in Age Group, Previous 2nd-8th place in Style and One

Age Group Younger Level 4: Separation by State

25.3 PERIOD LENGTHS

8U & 10U:

Championship Bracket Periods 1:00, 1:00, 1:00

Consolation Bracket Periods 1:00, 1:00, 1:00

12U & 14U:

Championship Bracket Periods 1:00, 1:30, 1:30

Consolation Bracket Periods 1:00, 1:00, 1:00

16U & Junior:

Championship Bracket Periods 2:00, 2:00, 2:00

Consolation Bracket Periods 1:00, 2:00, 2:00

Veterans:

Championship Bracket Periods 1:00, 1:30, 1:30

Consolation Bracket Periods 1:00, 1:00, 1:00

25.4 BRACKET CHANGES WILL BE MADE UP UNTIL 1 HOUR BEFORE THE START OF THE WRESTLING SESSION. Please contact the tournament director with any issues (ie, wrestler missing from a bracket or incorrect weight) by email at least 2 hours prior to the start of the wrestling session, or please come to the head table.

Rules

25.5 National Federation of State High School Association scoring rules with USA Wrestling modifications will govern the competition. These USA Wrestling modifications include the following:

- Headgear is strongly recommended but **NOT** required for wrestlers in all age groups. (Opponents cannot ask to have headgear removed)
- Mouthguards are **NOT** required for wrestlers (strongly recommended for wrestlers wearing braces)

- Rest time in between matches is a minimum of 15 minutes.
- The wearing of a two-piece uniform designed for wrestling (See NFHS rulebook) **IS** legal in USAW Folkstyle competitions only.
- A match can be started when a wrestler does not have a coach.
- The three-quarter Nelson with leg hook **IS** legal in USAW Folkstyle Events.
- The double arm bar with sit-out **IS** legal for all age divisions.

25.6 Note: Every effort should be made to stop actions that become potentially dangerous when undue pressure is applied to the head, neck, or joints of the defensive wrestler. Especially in competitions of athletes 14U and younger.

25.7 USA Wrestling rules governing ages, weights, and match time will take precedence where applicable. USA Wrestling Protest Procedures will govern all challenges, and where available, video review will be used to aid in the decision-making process.

25.8 Individual states may have specific rule modifications for competitions within their state. The above rules apply to USAW Regional National and National Folkstyle Competitions.

Folkstyle Competition Video Challenge Addendum:

25.9 This process will be available at USA Wrestling events that are designated for video review.

25.10 Note: The concept of the video challenge is essentially the same in all styles of wrestling. However, Folkstyle wrestling offers some instances that call for a variation in the process that is used in Greco and Freestyle wrestling. It is not the intent of the video challenge process to have a challenge block thrown every time the coach disagrees with a judgment call. Rather, it is to fix a mistake or missed infraction not seen because of positioning on the part of the mat official. Coaches should also take into account the positioning of the camera when issuing a challenge. The camera may not have the advantage of a better position than the mat official making the call.

25.11 Folkstyle modifications will be applied as follows:

1. The jury will consist of two officials, consisting of (1) the official on the mat and (2) an assigned video review official, or an official who has been assigned to officiate in that competition. To include the head mat official(s) or rules clinician.
2. Challenges must be addressed in a timely manner. (Generally, within 5-7 seconds of when the scoring situation is posted on the score clock but will ultimately be at the discretion of the jury).
3. Falls/Pins can only be challenged in situations where time may have expired, out-of-bounds may have occurred, or when an illegal hold is applied by the wrestler when securing a fall.

4. No challenges will be accepted at the end of the bout unless there is the potential for the result of that challenge will change the winner of the bout, change the athlete's advancement in the tournament, or change the value of team points awarded during team competitions.
5. Calls that involve stalling, fleeing the mat, unsportsmanlike, unnecessary roughness, penalties for an illegal hold (except if applied by the offensive wrestler when securing a fall), potentially dangerous holds, or acts of misconduct cannot be challenged.
6. Errors in "bad time" should adhere to the NFHS rule book. Scoring challenges must be made before the start of the subsequent period. However, if a coach realizes a mistake in position has occurred, the challenge block should be thrown at that time.
7. Challenges that do not result in changing the score to the advantage of the challenging wrestler will result in a technical point added to the opponent's score and the loss of the challenge block for the remainder of that bout.

25.12 1. If there is a technical problem and the video is not available, the original decision will stand, and the coach will be given back the challenge block.

1. In competitions where the video challenge is in place, it replaces the "Coach Misconduct" rule 5-5 Article 1-3 in the NFHS rulebook. If the coach thinks there was a misapplication of a rule, he/she must use the challenge block. A coach may only approach the official, through the scoring table, to question if the proper score was recorded and shown on the clock. If he/she disagrees with the scoring, the challenge block must be used. If the coach lost the block in a previous challenge, there can be no further challenges for that bout from that coach, and wrestling will continue. Further attempts by that coach to interrupt that bout will result in him/her being issued the appropriate yellow or red card. In dual meet competition, team points will be deducted for misconduct according to the NFHS rules.
2. A challenge made by a coach may be refused by the athlete. This must be an immediate refusal. If the official picks up the challenge brick and walks to the table the review process has started and will continue to completion. The athlete on the mat may also initiate the challenge.
3. All decisions made by the jury will be final and will not be changed. Therefore, it is not possible to request a counter-challenge.
4. Challenges/Protests will only be accepted after the end of the bout where a scoring error occurred in the last wrestled period and the wrong wrestler was declared the winner.

1. If the score is correctable by video review, the score is corrected and the match results will stand or be changed.
2. If it is determined that there is “bad time” the correct score will be established and the “bad time” will be re-wrestle. (The end of the match “bad time” in a video review, is described as the time remaining in the match after a correction is made.)
5. Where a video challenge is used in a dual meet situation, no challenges or protests for a previous match will be accepted after the start of a subsequent bout.
6. A coach may approach two instances and quickly ask (without throwing the challenge block): “Is the score correct on the clock?” or “Is the time correct on the clock?” and receive a response of “Yes, coach, it is.” or “No, coach, let me correct it?” If the coach still disagrees with the existing or corrected results, he/she must immediately decide to challenge those results using the brick or return to the coach’s corner. All other differences must be challenged using the challenge block.

******Further clarification of the Video Challenge procedure and protocol can be found in Article 23 of this rulebook.**

7.

Rule Modifications for Girls Folkstyle Nationals and Girls Tour of America Events

Step-out rule modifications for Girls Folkstyle Nationals and Tour of America Events

Step-out - Approved at the 2023 USA Wrestling at Leaders’ Summit by the JOWC

Modification to Folkstyle Rules in the girls' divisions at the Folkstyle Nationals and Folkstyle Tour of America events. Revisions to language approved by JOWC vote Oct 1, 2024

Step-out rule - 1 point will be awarded if, from a neutral position (with neither wrestler on the mat with one or two knees touching in a down position), the action goes out of bounds based on NFHS guidelines. Both wrestlers should make every attempt to wrestle aggressively and remain in the center of the mat. The step-out point will be awarded to the opponent of the wrestler who first steps out with both feet.

Clarifications:

- *This rule differs from the NFHS rules for being “in bounds”. Once the step-out criteria are met, the opponent will be awarded 1 point. If there is a step-out by a wrestler and the opposing wrestler immediately completes a scoring action, that action will be scored; the step-out point will NOT be scored. The official should not sound the whistle for the step-out and allow the offensive action to*

score.

- *Once a wrestler steps out of bounds with both feet while neutral, that wrestler cannot return from out of bounds to score points. The whistle will sound and 1 point is awarded to the opponent and wrestling will resume in the middle of the mat.*
- *If a wrestler leaves the mat under attack to avoid being scored on, the step-out point will be scored plus 1 point for fleeing the mat.*
- *If a wrestler uses a straight arm “push-out”, the opponent is NOT penalized. This is considered stalling under the NFHS rules and should be penalized accordingly.*
- *If the defensive wrestler stands in an attempt to gain an escape point and is driven out of bounds, without gaining an escape point, there will NOT be a step-out point awarded. (Neutral wrestling was not established)*
- *If the defensive wrestler stands, is awarded the escape point, and then steps out of bounds, the step-out point will be awarded.*
- *Step-out points are recorded “SO-1” in a scorebook and will be a “+1” in Trackwrestling. Step-out points are not to be considered penalty points.*
- *The step out in girls' folkstyle is a 1-point offensive score. The signal for a step-out point in folkstyle will be the pointing of the appropriate index finger, indicating the point. It would be followed by the signal of both hands in the air, indicating that both wrestlers return to the standing position, like when indicating the escape point. This is an additional way of signaling the step-out; it is not a penalty but an offensive score.*

Neutral Start rule modification for Girls Folkstyle Nationals and Tour of America Events

Neutral Start - Approved at the 2024 USA Wrestling at Leaders' Summit by the JOWC

Modification to Folkstyle Rules in the girls' divisions at the Folkstyle Nationals and Folkstyle Tour of America events.

In the girls' divisions at the Folkstyle Nationals and Folkstyle Tour of America events, all periods, both regulation and overtime, shall begin in the neutral position.

Clarification for Neutral Start:

- Following the end of each period, the wrestlers will begin the subsequent period in the neutral position.
- In the event of overtime, the first overtime period will begin in the neutral position, as in the current NFHS rule. Modification: If no scoring happens, the wrestlers will wrestle for 2, 30-second periods. These 30-second periods will be conducted similarly to the Freestyle “Activity period”. The coin is flipped, and the wrestler winning the coin flip chooses if she wishes to be “on the clock” first. If the wrestler being placed “on the clock” fails to score in the 30 seconds, their opponent will be awarded 1 point. In the 2nd 30-second period, the other wrestler is put “on the clock”. If the score is tied at the conclusion of wrestling, the wrestler “scoring last” will be declared the winner. This allows the strategy to be used similarly to selecting the offense or defense wrestling position in the 1st 30 seconds.
- EXAMPLE: In overtime, as in the NFHS rules, the first points scored of any type in Sudden Victory (1st, 1-minute period) will terminate the match.
- As in the NFHS rules, the entire 30 seconds in each 2nd and 3rd overtime period will be wrestled to completion unless there is a fall. If the wrestler "on the clock" does not score, 1 point will be awarded to their opponent, regardless of any scoring by their opponent - stalling, step out, or takedown points will be awarded as earned.

[Video Demonstration of Girl's Rule Modifications](#)

Appendix A--Medical Service Regulations

APPENDIX A

USA WRESTLING ASSN RULES

MEDICAL SERVICE REGULATIONS

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TITLE 1 GENERAL PROVISIONS

A MEDICAL COORDINATOR should be appointed by the USA Wrestling entity for each event who is a medical professional recognized by the state in which the event is held. The USA Wrestling National Events Coordinator will appoint a Medical Services coordinator for every National Event and must be working under a Medical Doctor or Doctor of Osteopathy (Physician) standing orders unless the Physician is on site. All Medical decisions by the Tournament Medical Coordinator/Physician Director are not subject to appeal or protest and are made in the best interest of the health and well-being of the wrestler and all competitors of the event.

All competitors in a USA Wrestling International, National, and Regional Event must receive a copy of the rule related to the Medical Coordinator/Physician Director and Concussion Management Protocol before the competition.

All medical staff working at a USA Wrestling-sanctioned event must have a current USA Wrestling Medical Membership, a completed background check, and a current SAFE SPORT CERTIFICATE on file with USA Wrestling. Only those individuals who meet these requirements are entitled to work as a USA Wrestling Medical Provider at any USA Wrestling tournament or event

The tournament is a specific style and age group competition ie: U18 Freestyle

An event is a group of tournaments that is comprised of a number of tournaments held at the same location. I.e.: US Open or National Junior Duals

For events in which no Medical Services coordinators are appointed or provided the referees should follow the 2-minute injury time and 4-minute blood rule. USA Wrestling does not recommend tournament operations to host a wrestling tournament without appointed medical providers.

TITLE 2 MEDICAL CHECKS PRIOR TO WEIGH-IN

Before the competition, each competitor must submit to a medical examination by the Event/Tournament Medical Coordinator. Each competitor must present with trimmed nails in a COMPETITION SINGLET and must walk independently to the medical check area. No shoes or other equipment, cell phones, towels, or clothing are allowed in the medical check/weigh-in area. The medical check must examine competitor for skin disease and any of the following ineligibility criteria:

- a. No open, infected wounds
- b. Suffering from a condition or disease as a result of physical strain during the competition which might adversely affect health or his opponent's health
- c. Has an infectious disease as determined by the tournament medical coordinator
- d. Has a Red Alert for Concussion from a previous USA Wrestling Event that has not been cleared by a Medical Physician (MD or DO or State-Approved Concussion Specialist)
- e. Master's Level Competitor in Class C and above that does not have written medical clearance by a physician
- f. U12 category: The wrestler is not able to produce an official document to validate age.

After the wrestler has passed an approved medical check, can the wrestler proceed to the weigh-in area?

If a wrestler fails a medical check a Red Alert/Yellow alert is issued and provided to the Event Director and the wrestler may not participate in the tournament. U18 and underage category the wrestler's coach must be notified and note the time and date of notification.

The Tournament/Event Medical Coordinator has full authority without appeal in determining the eligibility of a wrestler to compete.

Medical Checks are available until weigh-ins are completed.

No weight reduction activity is allowed in the Medical Check/ weigh-in area.

Any wrestler, who presents at Medical Check with Makeup/temporary Tattoo covering a skin lesion will be disqualified for the event and a RED Alert issued.

TITLE 3 TRANSGENDER POLICY

USA Wrestling deems it necessary to ensure, insofar as possible that transgender athletes are not excluded from the opportunity to participate in a wrestling competition. As such USA Wrestling Gender Policy is based on the results and guidelines of the IOC and USOC Transgender Policy.

TITLE 4 INTERRUPTION OF THE BOUT

The referee is obligated to stop the match if THEY determine a situation to be potentially dangerous and could cause harm to either wrestler. The mat judge should also have an active role in recognizing a potentially dangerous action and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.

If a wrestler is injured/bleeding, the bout must be stopped immediately, and the wrestler must be attended to by medical staff. Coaches are allowed to attend to the injured or bleeding wrestler but must not interfere with the medical staff or use the time to coach the wrestler. The unaffected wrestler must remain on the mat at all times but can be attended by coaches. The medical staff will determine bleeding management versus injury time and take appropriate actions. Bleeding time is limited to Four (4) minutes from the time the medical staff declares bleeding time. If the bleeding time exceeds four minutes (4) the bout is awarded to the opponent as a medical default. Clean-up time is not considered part of the Bleeding time.

Injury Time is unlimited if the medical staff requests the time and the referee grants the time. The medical staff must determine when the injury is assessed and recovery time is completed. If the medical staff allows the wrestler to continue, the wrestler must be instructed that any additional stoppage for this injury in the bout could result in a point being awarded to the opponent in the 16U categories and older. It is the refereeing team's discretion to award a point to the opponent for an athlete who repeatedly stops the match for injury management. Medical staff will only serve to assess and treat injuries and determine if a wrestler can safely continue in the match.

The coach may not request recovery time and abuse could result in the refereeing team issuing a yellow card.

After the appropriate medical treatment, the bout will resume in the same position the athletes were in just before the interruption.

If the bout cannot be continued due to medical reasons, the tournament medical staff has full authority to not allow the injured athlete to continue. The medical staff decision cannot be contested and a Yellow/Red Alert must be generated.

If the injury could be a HNC (Head/Neck/Cervical) incident the USA Wrestling HNC Management Policy must be followed.

TITLE 5 MEDICAL ALERTS

USA Wrestling uses Medical Services Alerts to communicate the eligibility of wrestlers to compete with tournament staff. All Alerts must be signed by the Tournament Medical Coordinator with the time and date

of the Alert and this determined eligibility status. All injury defaults on match should have a YELLOW Alert issued,

RED Alert: The RED Alert removes the wrestler from participation in the EVENT and requires a non-tournament Physician's written clearance to return to participation in a USA Wrestling Event. If the wrestler is eligible for a placing in the tournament the RED Alert does not change that status.

YELLOW Alert: YELLOW Alert suspends the wrestler's ability to compete until the Tournament Medical Staff determines if it is safe for the wrestler to return to competition at this event. It does not affect the ability of the wrestler to place in the tournament. If the YELLOW Alert is active but the wrestler is not cleared to compete the match is awarded to the opponent as an injury default.

GREEN ALERT: GREEN Alert clears a wrestler to compete if signed by the Tournament Medical Coordinator with the date and time of granted eligibility. It can be used for approval of protective equipment or tape.

TITLE 6 MEDICAL SERVICES PROCESS

Any wrestler seeking medical attention for any reason must sign in at the check-in area of the Medical Services.

All on-site medical decisions by the Tournament Medical Coordinator/Physician Director are not subject to appeal or protest and are made in the best interest of the health and well-being of the wrestlers and all wrestlers in the Event.

All injuries evaluated and treated with acute care techniques should be documented and appropriate use of USA Wrestling Alert System utilized.

USA WRESTLING CONCUSSION MANAGEMENT PROCEDURE

If a wrestler becomes unconscious or the referee, coach, athlete, or medical provider suspects a wrestler may have received an HNC injury; the bout must be stopped and a tournament medical staff will assess the wrestler. **The tournament medical staff will have unlimited time to determine if the wrestler can continue.**

If the wrestler is allowed to continue by the tournament medical staff; after completion of the bout the wrestler and if U18 category or below with the coach to the medical area. The involved wrestler will undergo a comprehensive HNC evaluation by the tournament medical staff. The tournament medical staff will complete a YELLOW Alert and until the wrestler is cleared and a GREEN Alert issued the wrestler is on a MEDICAL Hold.

If the Wrestler is diagnosed with a HNC concussion injury a RED Alert is issued and eligibility to compete in the Event is suspended. A RED Alert in a USA Wrestling Event must be cleared by the Physician or his or her State's HNC Specialist and must be submitted to National Events before the next event.

No concussed wrestler will return to competition without a written return to play document from a trained concussion specialist as written into State Law at the location of the event within 24 hours of the incident. Parents of a concussed wrestler cannot clear the wrestler to return to the Event. Tournament Physicians cannot clear the concussed wrestler to participate in the Event. A RED Alert removes the concussed wrestler from the competition in the Event in which the concussive event occurred. Ideally, USA Wrestling recommends a multi-step and multiple-discipline return to play procedure. See Post Concussion Instructions which are provided to all Concussed wrestlers.

If a wrestler is choked out and rendered unconscious during competition the Tournament Medical staff will determine return-to-play and written documentation of signs and symptoms must be submitted to the Tournament Medical Coordinator. If a choked-out wrestler is allowed to continue a YELLOW alert is issued after the match and must be taken to the Medical area for comprehensive evaluation. If a GREEN Alert is issued the wrestler will continue as an eligible competitor. If a RED Alert is issued the wrestler is no longer eligible to participate and a RED Alert is issued.

A wrestler that has a RED Alert for an HNC incident or Choke out from a USA Wrestling International, National or Regional Event must present a Return to Play Form from a Physician or State-Approved Concussion Specialist to the USA Wrestling National Events Office to be eligible for the next Event.

MANAGEMENT OF BLEEDING

Tournament medical staff will be granted 4 minutes to control bleeding from the time they announce to the referee they are on blood time. If the bleeding is not controlled within the allotted time the bleeding wrestler will medical default to the opponent.

Clean-up of the mat and wrestlers will not be part of the blood time.

APPROPRIATE MEDICAL APPLIANCES

The Tournament Medical Coordinator needs to approve all medical appliances or rule adaptations to uniforms for wrestlers to use exceptions. No rib belts are allowed in Greco-Roman competition

Exceptions include:

Full neoprene cover for Rigid metal or composite knee braces

Short sleeve compression shirt for upper body medical issues

½" Closed Cell foam coverage completely covering all casts or plastic splints

Full face masks with headgear

Elbow sleeves that cover only ¼ the length of the wrestler's forearm

Leg sleeves that cover only ¼ the length of the lower leg

Appendix B--COVID-19 Protocol for Mat Officials

2020 Mat Official Recommended Protocols

as of 7/10/2020

- Mat Officials should be screened daily for COVID-19 symptoms
 1. Temperature Check
 2. Daily Questionnaire form
- Mat Officials should regularly sanitize before and after each match.
- Mat Officials should wear face shields and/or face masks, gloves, and electronic whistles (if possible), and maintain social distancing during the match.
 1. This should apply to skin checks and weigh-ins as well.
 2. Recommend if using a normal face cover and/or face shield to ALSO use an electronic whistle.
 3. The secondary recommendation would be to use a normal face shield AND a normal whistle.
- If using three (3) person mechanics, officials should maintain proper social distancing at all times while stationed at the scoring tables. Recommend a computer scorer on one end and the chairman on the other end of the table. Camera Operator should be stationed in a chair six (6) ft. away from the scorer's table and mat.
- If using one (1) person mechanics, please keep in mind table help should still be social distancing at the scorer's tables.
- Before and after stepping onto the mat surface, officials should disinfect their shoes with either a disinfectant shoe pad or wipes.
- Mat Officials should conduct a visual inspection of both athletes before the match and 2nd period begins.
- Mat Officials should signal match winners by raising the correct color of their armband.
- Mat Officials should not partake in any pre-match and post-match handshakes between athletes, coaches...etc.