

## 2019 Simplified Freestyle/Greco

Periods – 16U (Cadet) and below: 2 2-min periods w/30 sec rest between periods

Junior and above: 2 3-min periods w/30 sec rest between periods

Types of victory-

Fall (pin)- Controlled press (squish) of the shoulders/scapulae into the mat.

Schoolboy/girl and below: 2-seconds

Cadets and above: 1- second

Technical Superiority - a 10-point difference in score at the end of scoring action.

Juniors and below: In FS and GR

23U, UWW and above: 10 points in FS; 8 points in GR

Decision – Whoever has the greater amount of points.

If points are tied, then Criteria: Most high value points (most 5's, then 4's, then 2's)

Fewest Cautions

Last to score

Starting positions – Standing: Both wrestlers on their feet, about 1 meter apart, in the center of the mat.

Par terre: Bottom wrestler will lie down with arms and legs extended and not crossed. Head may be up or on the mat.

Top wrestler will be on both knees to one side or the other, behind the arms. Upon the command "Contact", the top wrestler will place his/her hands and the scapula of the bottom wrestler. Wrestling will begin upon contact.

Improper (false) starts: 1<sup>st</sup> offense: "Attention" stay in par terre.

2<sup>nd</sup> offense: Bottom – Caution +1, stay in par terre

Top – return to standing

Cautions – Violations of the rules resulting in 1 point to the opponent. 3<sup>rd</sup> caution results in loss of match. Fleeing the hold in FS will be caution +1, in GR it will be caution +2. Fleeing in danger position will be Caution +2, both styles. **Leg fouls in GR – Offensive: 1<sup>st</sup> time "Attention", 2<sup>nd</sup> time Caution + 1; Defensive – 1<sup>st</sup> time Caution + 2, 2<sup>nd</sup> time Disqualification**

Other than Greco leg fouls, a total of three cautions results in disqualification.

FS/GR differences – In GR you may not use the legs to attack/defend. In GR you must accompany your opponent to the mat for throws to score. Passivity procedures are different.

Passivity procedure –

Freestyle, upon confirmation by Mat Chairman, per wrestler: 1<sup>st</sup> time, stop the match, issue an “Attention” to the offending wrestler. 2<sup>nd</sup> time, stop the match, advise the offending wrestler they are now on the activity clock. Offending wrestler now has 30-seconds to score. If there is any score in the activity period, the clock goes away. If there is no score, 1 point is awarded to the opponent and wrestling continues without stoppage. 3<sup>rd</sup> & additional time, activity period: There must be at least 30-seconds left in the period for an activity period.

Greco, upon confirmation by Mat Chairman, regardless of wrestler: 1<sup>st</sup> time, 1-point for opponent & choice of position; 2<sup>nd</sup> time, 1-point for the opponent & choice of position; 3<sup>rd</sup> & additional time(s), 1-point for opponent, do not stop match.

Negative wrestling (stalling) – interlocking fingers, blocking out (head, hands, chest, brutality, anything that prevents taking hold.

FS – 1<sup>st</sup> time, Attention; 2<sup>nd</sup> time, Caution +1

GR – 1<sup>st</sup> time, Attention; 2<sup>nd</sup> time, Caution + 2

**All Falls, Passivity’s and Cautions must be confirmed by the Mat Chairman.**

Scoring –

1 point: Step-outs, reversals, cautions, loss of challenge, activity time w/no scoring

2 points: takedowns, turns in par terre, placing or keeping an opponent in “danger” position, correct hold/throw

4 points: from feet to danger; grand amplitude holds that do not land in danger

5 points: Grand amplitude holds that land in danger