

Newcomers Guide to Freestyle & Greco-Roman Wrestling

Welcome to our sport. It is like the folkstyle you may know but there are differences.

Colors – Wrestlers are identified as either Red or Blue. For Regional and National events, the singlet worn must be the color they are assigned for their match.

Match – our matches consist of only two periods. For those 16 & under, a period is two minutes. For those who are older, a period is three minutes. There is a 30-second break between periods. Athletes will go to their corners and dry off and may be coached. Athletes are allowed to drink water during the break.

The winner of the match will be the one who gains a fall (pin), is technically superior (tech fall) or has the most points. In the event points are tied, a list of criteria will determine the winner. The criteria are:

Most high value moves – most 5's, most 4's most 2's. If still tied then,

Fewest Cautions. A caution is a penalty against a wrestler. If still tied then,

Last one to score will win.

Conduct of the match. The wrestlers will present themselves to the score table to be identified. They must be in the proper uniform; shoe laces secured, ear guards (head gear) for those in youth (14 & under), proper color. Colors may be determined by watching the mat list on the wall or reading the brackets on the wall. On the mat list, Red is on the left and Blue is on the right. On a bracket, the top wrestler is red or they may have a dot beside their name. The bottom wrestler will be blue.

The wrestlers will then go to the center of the mat and shake hands with the referee. The referee will inspect them to be sure they are dressed properly and able to wrestle. Once the inspection is done, both wrestlers will shake hands. They will stand one meter apart and start when the whistle is blown. The referee will move about to watch them and may talk to them. The referee is advising them to wrestle by giving specific commands to encourage wrestling. If there is no scoring occurring, a passivity call will be made. This procedure gives one wrestler an advantage to score, in freestyle. In Greco a point will be awarded. At the end of a period, the wrestlers will go to their corners and prepare for the 2nd period. The 2nd period will be wrestled like the first. At the end of the 2nd period, the wrestlers will go back to the center and shake hands. They will also shake the referee's hand. The referee will then raise the hand of the winner. There is no overtime, in case of a tie score, criteria will be used. The wrestlers will then go shake the hand of the opposing coach.

Scoring- Actions are worth points. The scores may be 1 point, 2 points, 4 points or 5 points.

1 point – Step outs, most cautions in freestyle, reversals, correct throw/hold

2 points – takedowns, placing the opponent in danger, most cautions in Greco, turns

4 points – actions that take a wrestler from their feet to danger, grand amplitude throws that do not land in danger

5 points – grand amplitude throws that land in danger

Danger position – when the elbow, shoulder or head of a wrestler is touching the mat and the back is showing to the mat

Grand Amplitude – when a wrestler is thrown so that their feet describe a broad arc in the air and their hips are higher than the attacking wrestler. Or a wrestler is lifted from par terre (on the mat) and thrown.

Correct hold/throw -When a wrestler attacks and moves their opponent over the mat and lands them in par terre without scoring otherwise.

Slip throw – When an attack is made, and the attacker goes to the mat without scoring, and lands without interference from the opponent

Passivity – when a wrestler does not engage in wrestling but attempts to avoid contact

Difference between styles: In Greco-Roman wrestling the legs may not be attacked, used in the attack, or defend from the attack. In Freestyle, the entire body may be used. The passivity procedures are also different.

Officials – The uniform for officials is black polo shirt, black belt, gray slacks, black socks and black shoes. They will also have a whistle and red & blue wristbands. Junior officials may only have the shirt, whistle and wrist bands. These are wrestlers who are wrestling and learning to officiate. For local events you will probably only see one referee for the mat. Just like in folkstyle, this person oversees the match they are working. At Regional, National and some larger events, you may see a three-person crew working each match. The person in the middle of the mat is the Referee, the person sitting away from the score table is the Judge and the person at the score table is the Mat Chairman. The Referee starts & stops the match and offers what they think is the score for action. The Judge observes the match and also offers what they think a score should be. The Mat Chairman is in charge of the officiating team and ensures that things are done correctly. If the Referee and the Judge do not agree on a score, the Mat Chairman determines what the score will be from what the other two asked for.