

Parent's Guide to Freestyle & Greco-Roman Wrestling

Welcome to the Freestyle (FS) & Greco-Roman (GR) wrestling season.

There are some differences between Folkstyle & FS/GR. In Freestyle, the wrestler may attack the whole body. In Greco-Roman, the wrestler may only attack the upper body. The use of the legs to actively attack or defend is prohibited. Incidental contact occurs and is not penalized.

Scoring:

Fall – The shoulders are held in contact with the mat for 1 second. For kids' age groups it is 2 seconds.

Takedowns – May be 2 or 4 points. To the belly is 2 points. To the back is 4 points. In Greco, a high arching throw to the back will be 5 points.

Reversals – 1 point

Escapes – No score

Penalties – Called Cautions; 2 points. 3 Cautions and a wrestler is Disqualified.

Tech – Technical Superiority is a difference of 10 points or more when action is concluded.

Uniforms (singlets) – Should be mostly red or blue. This will be mandatory at Regional and National events. When reading the bracket the wrestler listed of the left or on top or with a dot beside their name will be assigned the Red color for the bout. To the right, bottom or without a dot will be assigned blue. Kid's age groups must wear headgear. Cadets age & older may wear headgear. Wrestling shoes must have the laces secured.

Officials:

There will be either 3 officials per match or 1 official per match.

1-Official: The Referee will be in charge of everything, similar to folkstyle.

3-Officials: The Referee has the whistle and controls the match and scores it as he/she sees it.

The Judge observes the match and scores the match as he/she sees it.

The Mat Chairman observes the match and the other officials to ensure things are being done properly. If there is a difference in the scores offered, the Chairman decides which is correct. All scores require, at least, 2 officials to score it the same.

The match (bout):

The wrestlers will check-in and wait to go to the center. They must be properly dressed.

The Referee will greet them in the center and shake their hands. Then the Referee will inspect each of them for compliance.

When the inspection is complete, the wrestlers will shake hands and assume a correct starting position.

Freestyle – standing up, about 1 meter apart, looking at each other. Greco – in contact, chest-to-chest.

Wrestling starts on the whistle and continues until the next whistle. The Referee may use verbal instructions to the wrestlers to ensure wrestling occurs. Commands such as: Action, Contact, Place, If the wrestler complies with the command, nothing much will happen. If the wrestler will not comply, then either passivity will be called or a penalty may be called.

Penalties are called Cautions. If a wrestler is being passive, then the appropriate passivity procedure is used.

FS – 1st offense – “Attention”; 2nd offense – 30-second shot clock. If there is no score during the 30-seconds the passive wrestler gives away 1 point to the opponent. Any score during the 30-seconds and wrestling goes back to normal.

GR – 1st offense – verbal warning; 2nd offense – verbal warning. Third and succeeding offenses – 1 point for each offense.

When the 1st period ends, there will be a 30-second rest time. When that is over the 2nd period will begin.

To start the 2nd period the wrestlers return to center and the Referee sees that they are clean & dry to begin the period.

Wrestling in the 2nd period is like the first and all Cautions, warning, passives are carried over.

When the 2nd period is done the wrestlers return to the center. The Referee will shake their hands; they will shake each other's hand. The Referee will announce the winner by raising their hand. The wrestler's will then shake the hand of the opposing coach.

There will be a winner after the 2nd period, there is no overtime. If the score is tied, then criteria are used to determine the winner. The criteria are: Most high-value holds, fewest Cautions, last to score.