



THE ULTIMATE GOAL OF WRESTLING IS TO DEMONSTRATE CONTROL OVER YOUR OPPONENT.

3 WAYS TO WIN

① FALL

② POINTS

③ TECHNICAL SUPERIORITY

FREESTYLE ♂♀

In **Freestyle** wrestling it is permissible to grasp the legs of the opponent, to trip the opponent and to use the legs in the execution of any action.

WRESTLING STYLES

GRECO ROMAN ♂

In **Greco-Roman** wrestling it is forbidden to intentionally grasp the opponent below the hips, to trip the opponent or to use the legs actively in executing any action.

HOW TO SCORE POINTS (THE BASICS)

Points are awarded for various takedowns and holds, depending on the level of control during the execution of the move, or the difficulty of the move.

REVERSAL or force opponent **OUT OF BOUNDS**

1 POINT

TAKEDOWN without putting opponent in the 'Danger Position'

2 POINTS

TAKEDOWN or **THROW** opponent to the 'Danger Position'

4 POINTS

GRAND AMPLITUDE THROW (Greco-Roman only)

5 POINTS

③

TECHNICAL SUPERIORITY

A match ends any time a wrestler is ahead by **10 POINTS** (Freestyle) or **8 POINTS** (Greco)

CAUTIONS

When a caution is given to a wrestler, their opponent is awarded 1 point. If a wrestler receives 3 cautions in a match, their opponent wins. Additionally, if a wrestler injures their opponent through an illegal move, they forfeit the match.

CAUTIONS CAN BE GIVEN FOR:

Out of bounds, fleeing a hold, applying an illegal hold, incorrect 'Par Terre' starting position.

WHAT'S IN A MATCH?



2X 3 MINUTE PERIODS

+ 30 SECOND INTERVAL

OFFICIALS

REFEREE

The referee stands with the athletes on the mat and is responsible for starting and stopping the match and awarding points.

JUDGE

The judge verifies the points that the referee awards.

CHAIRMAN

Steps in when the Referee and Judge disagree on whether to award points.

TERMINOLOGY

Neutral Position Standing position, knees bent, facing opponent.

Danger Position Back exposed to the mat.

Out of Bounds Any body part outside the red ring.

Hold A position that controls opponent's movements.

Reversal When the dominated wrestler gains control of their opponent.

Par Terre A starting position where hands and knees are on the floor.