

## 2008 WWF Regional Training Site Rules Primer

-Matches are 2-2-2 for all age divisions; you can win a match by fall or winning 2 out of 3 periods.

-Technical superiority is a difference of 6pts, but just ends the period. For classification point purposes, to win a match by tech fall, you must win 2 periods by 6 pts.

-Other ways to win a period are a regular decision (i.e. 2-1), one 5pt hold or 2-3pt holds, regardless of the score. For example, if you took me down for 1 pt and executed 2-2pt guts, you would be winning 5-0. If we were brought back up to feet and I throw you for 5, the scoreboard would read 5-5, but I would automatically win the period.

**-Passivity's do not exist.** However, a wrestler may be called for "fleeing the hold" or "fleeing wrestling". This shouldn't be interpreted as literal as it sounds. Fleeing the hold means that one wrestler is avoiding active wrestling. The official will give a warning with an "attention" one time; if it continues, the wrestler will be penalized with a caution and his opponent will receive one point.

**-Par Terre After a Takedown-** As in the past, if after a takedown, wrestling becomes stagnant and a turn is not evident, the wrestlers will be returned to their feet. **\*\*Only in the Greco clinch position, will wrestling continue on the mat throughout the entire 30 seconds.**

**-Escape points do not exist.** That's not to say that you can't or shouldn't stand up when the position is appropriate, but a point will not be awarded.

**-Out of Bounds:** Anytime a wrestler leaves the mat under attack when started from the neutral position, he will give up a point to his opponent for going out of bounds. This rule only applies if no scoring maneuvers are completed while going out of bounds. For example, if Wrestler A is driving hard on a double and finishes the shot out of bounds, he will receive a point or 3 points (exposure) for execution of the double leg. He will not receive an additional point for his opponent going out of bounds. If he doesn't completely execute the hold, but his opponent steps out of bounds, then he will receive a point because of that. However, if wrestler A steps out of bounds prior to completing his hold or his opponent going out of bounds, he will give up a point to Wrestler B.

-By the rulebook, Wrestler A cannot simply "shove" his opponent out of bounds. He should be executing technique. If he does so, he may receive a caution and 1 pt will be awarded to his opponent. However, it is often hard to determine the difference between "shoving" and being aggressive in matches and is rarely called that way. **Bottom line, if you step out of bounds first, you surrender a point.**

-If the wrestlers are in the par terre position and go out of bounds, they will return to the center of the mat in the standing position. Points can be scored as normal if they are

started in bounds and finish out of bounds. However, if you go out of bounds in the par terre position, no point is awarded for simply going out of bounds. Wrestling is just stopped and returned to the center in a standing position. The only parts of the bottom wrestler that must be in bounds in a par terre position are his head and chest. If the head is considered out of bounds, the whistle is blown and wrestling returns to the center in a standing position.

-Counter maneuvers cannot be scored out of bounds. Example; If wrestler A is attacking on a double leg that starts in bounds and drives his opponent out, Wrestler B cannot score on a crotch lift that is executed out of bounds during continuous movement. Only Wrestler A will score.

-During the Greco clinch, if a wrestler is on his back/in danger and they go off the mat (flee), the offensive wrestler will receive 2 pts and the bottom wrestler will receive a caution. Wrestling will resume in the center starting in a regular par terre position. (one man down, top man places hands on the back and whistle blows) This is an exceptional case. The general rule is that if you go out of bounds, either in standing or in par terre, you will return to the center and wrestle in the standing position.

-**Multiple guts and laces.** Points are only awarded if the bottom wrestler returns to the starting position (chest facing the mat). During the completion of an offensive maneuver, the attacking wrestler cannot roll flat onto his shoulders during the move. This would be an auto-touche position and the defensive wrestler will be awarded 2 pts. The wrestlers must bridge their opponent through on a gut wrench, leg lace, etc. Honestly, this is rarely called 2-2 at the Schoolboy, Cadet, and Junior level. However, we want Wisconsin Wrestlers executing proper techniques with explosive guts that drive forward, not just rolling across our backs.

-Lift points do not exist.

-Once the point for a 5 second hold down is achieved and if enough points for a tech fall have been received, the wrestler being pinned is not eligible to score any points on a roll through. When he returns to his starting position (chest down) the period is over.

-If a period ends in a tie, the protocol for the winner of the period is as follows:

1. The least amount of cautions
2. The most higher scored holds attained in that period.  
(i.e. if the score is 3-3 with wrestler A scoring three 1 point takedowns, and wrestler B scoring a 1pt takedown and a 2 pt. gut wrench, wrestler B wins the period.)
3. The last technical point scored.

\*\*\*This protocol is the same to determine who locks first in the Greco clinch if after the first minute of wrestling, the score is tied. If the score is 0-0, the official will flip a coin to determine who will lock first\*\*\*

### **Freestyle Leg Clinch**

If a period ends 0-0, the official will flip the coin. Whoever wins the coin flip must secure a HEAD OUTSIDE single position. He points to the leg of the defending wrestler that he wants to secure and the opponent must present that leg slightly forward in a staggered position. The locking wrestler grabs the leg of the opponent with both of his arms around his leg in the position he wishes, as long as it is a head outside position. The defending wrestler must have the foot of his "locked leg" on the mat and must place his hands on his opponent's shoulders. Once the position is secure, the official will blow the whistle and wrestling will continue until a point is scored by either wrestler (takedown, counter, or out of bounds) or will last a maximum of 30 seconds. If the locking wrestler fails to score, his opponent will receive one point and essentially win the period 1-0.

### **Greco Clinch Position**

After one minute of wrestling as "normal", if the match has not already been won, wrestling will be stopped, and each wrestler will have the opportunity to wrestle in a "reverse gut" clinch position for 30 seconds. The wrestler who is leading after the first minute will be on top first. If the score is tied and points were scored (i.e. 2-2) the wrestler with the least amount of cautions will lock first. If this is even, the wrestler who has scored the most higher valued holds will lock first. (i.e. a 2pt counter for exposure vs. two-1pt takedowns) Finally, if this is still even, the wrestler who scored the last point will lock first. If the score is 0-0 after the first minute, the official will flip a coin and the winner of the coin flip will take the lock first.

-The wrestler who is losing, either by points, criteria, or the coin flip must attain a normal par terre position. The mats have a line that the bottom wrestler straddles with four dots for the athlete's hands and feet. The bottom wrestler must be a perfect table, not resting on his haunches or sagging to one side or the other. The top wrestler is allowed to slightly touch the bottom wrestler but cannot alter his position by bumping him over, etc. The top wrestler may step up to and touch the line but not over it with his feet.

-The top wrestler must lock his hands underneath simultaneously (reverse gut) and wrestling begins immediately. It will proceed for 30 seconds. If the top wrestler scores, he simply receives the value of the points and wrestling continues for the entire 30 seconds, unless he executes a fall, a 5pt. hold or 2-3pt holds, in which he wins the period. If he does not score in the top position, the bottom wrestler will receive 1 point. The wrestlers then switch positions and the second 30-second clinch is wrestled in the same manner until the conclusion of the 2-minute period. If the top man does not score, his opponent will be given a point and will win the period because the score would be 1-1, but the guy on bottom would win by virtue of "last point scored in a tie".

-There is one exception to the above scenario. If a wrestler is pinning his opponent at the one-minute mark, or the one minute-thirty second mark, wrestling will simply continue throughout the remainder of the 2-minute period and no clinch positions for either wrestler will need to be completed.

-If the wrestlers go out of bounds during the 30 second clinch position, with no infractions occurring, wrestling will resume in the center in a standing position.

**-Defensive Leg Foul in Greco:** From standing, if the attacking wrestler can execute his hold, he will receive the points for completing the hold as well as one point and a caution against his opponent. Wrestling will then resume in the standing position. If he cannot complete his hold, he will receive 2pts, a caution against his opponent, and wrestling will resume in a standing position. The same rules apply if they are in par terre; score the points (if the attacking wrestler was able to execute his hold), assess the caution and 1 or 2 points (if he could not complete the hold) and put them back in par terre. (Old way of starting in par terre with the penalized wrestler down and attacking wrestler placing hands on the back) Same rule applies in the clinch and the bottom man fouls (i.e. grabs a leg)...score points if applicable, assess the caution and 1 or 2 points and put the wrestlers back in the clinch position for the remainder of the 30 second interval.

**\*\*\*Something to keep in Mind\*\*\***

FILA often makes slight changes to the rules or clarifications to the rules from month to month and even tournament to tournament. Be flexible as a coach and encourage the wrestlers to maintain an open minded, “adaptable” mindset.

If you have any questions or need further clarification, please email me or give me a call.

Thanks,

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