

# FREESTYLE RULES 2011

## POSITIONS / TERMS

**EXPOSURE**—When Wrestler’s back is facing the mat.

**DANGER**—Wrestler’s back has broken a 90 degree to the mat with **ELBOW, HEAD or SHOULDER TOUCHING MAT.**

**HAND TO HAND EXPOSURE**—When wrestler’s back is facing the mat. Going from one hand to the other during the turn or lands on hands during a takedown.

**TAKEDOWN**—three supporting parts touching the mat or on **BUTTOCKS.** Do not need control factor. Example: Push opponent to mat and he falls to his back Score 3pts.

**PAR TERRE**—Down on the mat wrestling. If Starting in Par Terre. Bottom wrestler is Stationary on hands and knees. Top wrestler Standing or Kneeling to side or rear with thumbs touching placed on opponent’s back area.

**PIN**—“Holding” Opponent’s shoulders or Scapulae on the mat.  
Terminates Wrestling

14 and Under “2 seconds”

Cadet and up Say “Touch” Approx. 1 Second. Must be held not roll through.

**ILLEGAL HOLD**—

**KIDS- SCHOOLBOY** and below 1 Point and Caution

**CADET AND UP** - Stop Hold--wrestler loses position and No points. Return to standing. No Penalty Point Just lost of Position.

Does same illegal hold a “second time” 1 point and Caution.

## TYPES OF ILLEGAL HOLDS

- 1) Full Nelson (Cadet and up O.K. if from side)
- 2) Any headlock in which the arms or hands are locked around the opponent's head without encircling an arm. (Elbow or Above)
- 3) 2 Hands Locked On the Head From Neutral.
- 4) Any Hold that exerts pressure over opponent's MOUTH, NOSE, THROAT or NECK that RESTRICTS breathing or circulation.
- 5) Double Chicken Wing with sit-through
- 6) Scissor on the Body—when legs or feet touch together
- 7) 3/4 with Leg Hooked. (Iowa)
- 8) Bow and Arrow.
- 9) Figure 4 or Scissor of head

## 1—POINT SCORING

--Step Out—Stepping “Out of Bounds.” Note: If small area use some judgement of maybe it was a push out and that wrestler is avoiding hold. If opponent drops to knees—OK! Ask WHY DID THEY GO OUT ??? Avoiding WRESTLING ?? Fleeing hold/Mat??

--Takedown with out EXPOSURE---FEET to BELLY (duckunder) or Lands on butt with hands touching mat.

-- Reversal—Defensive wrestler comes from underneath and gains top position without putting wrestler in “DANGER”

--Near-fall – Wrestler held in “DANGER” for 5 seconds.

--Hand to Hand Exposure.

PROPER LIFT- Lifting Opponent from Par Terre without putting them in “DANGER”. Must attempt throw.

--FLEEING MAT-- Caution + 1 point for opponent. Example going out of bounds on knees to avoid step out.

--FLEEING HOLD—Avoiding Holds, CONTACT. (Stalling)  
Caution + 1 point for Opponent.

Brutality Holds—Unnecessary Roughness – Unsportsmanlike conduct. Second time use of same Illegal hold Caution + 1 point for Opponent. Possible DQ !

If a wrestler claims injury--the match will be stopped. Not due to Illegal action. Opponent will receive 1-point. 2 injury time outs. 2 minutes total. 5 Minute total Blood.

**NO POINTS FOR ESCAPE!!!!!!!**

## **2--POINT SCORING**

Tilt From PAR TERRE—Wrestler is placed in “DANGER” Over 90 Degree to mat. Look for who “MADE ACTION” happen.  
NOTE: Start counting right away for near-fall!!!!!!!

REVERSAL—Defensive wrestler comes from underneath and gains top position while placing Opponent in “DANGER”.

Counter move—When wrestler is Countering a Takedown “Going in the same Direction” as the takedown. Scoring 3Pt/2Pt

NOTE: COUNTER IN DIFFERENT DIRECTION IS “NEW MOVE” ! MUST CHANGE THE DIRECTION!! Look for who is “MAKING ACTION” happen!

Fleeing the Mat in “Danger”—Say “PLACE” stay on mat. If bottom wrestler goes out in Danger and is FLEEING the Pin It is Caution + 2 point for Opponent. Restart in Par Terre  
It has to be with out doubt fleeing -- not just the direction of the wrestling.

Illegal Hold—that stops Scoring. Caution + 2 points. Like neckwrench  
Note: Cannot figure 4 or scissor head.

Auto-Touch—“ Pinning Self ”—When wrestler does a scoring hold places themselves in a pinning position and Opponent STOPS/HOLDS them. Example: Gut wrench/Front headlock and START COUNTING FOR NEAR-FALL!! If wrestler continues

through with move they score what ever POINTS.

### 3—POINT SCORING TAKEDOWN—FEET TO DANGER POSITION

LIFT from Par Terre - Lifting Opponent from Par Terre and putting him in “Danger”.

### 5—POINT SCORING “GRAND AMPLITUDE”

A HOLD that brings Opponent’s HIPS higher then theirs in a HIGH ARCH Motion. From Feet or Par Terre positions.

(OOHS!) Headlocks/Armspins/Bodylocks.

14 and UNDER ----NO BELLY to BELLY Or BELLY to BACK  
THROWS!!!!

#### NOTES:

2-types of SCORING for TAKEDOWNS

1) 1-point “Feet to BELLY” (without Danger) or  
Stopped on HANDS then to belly

2) 3-point “FEET TO DANGER”

---- **NO 2 Point TAKEDOWN!!!!**

After scoring move Allow Approximately 10 Seconds to get a move going. No action return to standing.

All Out of Bounds will RETURN to Standing except FLEEING the MAT in Par Terre.

Counter move situation—Double Leg by Wrestler “A”—Wrestler “B” Locks a belly-hold and throws with the same direction as Double-leg Wrestler “A” Scores 3-points(feet to Danger)  
Wrestler”B” Scores 2-points. (counter with exposure)

If wrestler "B" stops Double Leg. Then takes Hold and Places wrestler in a DANGER position.

Scores 3-points Feet to DANGER. Like sprawl to headlock

SPRAWL to stop move and Foot/Feet GO OUT of BOUNDS -With out knees touching the mat

Either 1-point for STEP OUT or FLEEING HOLD

Caution + 1 point

No Passivity (Stalling) –Fleeing Hold "Caution + 1-point"

ZONE—Area 3 feet from Out of Bounds. Wrestlers must bring selves out of ZONE or Stop Wrestling and bring them to CENTER of Mat. Why are they in Zone?? Fleeing hold?

No Slip Throws—Wrestler attempts move such as Arm Spin and goes to mat without Opponent stopping them, NO POINTS wrestling continues.

If Opponent can Stop or HOLD wrestler then takes him to the Mat, they SCORE either 1-point or 3-points, "NEW MOVE"

Example: Catch hold then to belly-1pt. Catch hold then take to Danger. Also could score 1pt to belly then 2 pt for turn.

3 CAUTIONS wrestler is DISQUALIFIED in match only.

Blood will stop match without penalty to either wrestler.

5 minutes total

### CONDUCT OF MATCH/BOUT

A Match/Bout will have three periods (if needed)

Wrestler MUST Win 2 periods to Win Match/Bout.

Fall/Pin wins Match no matter what period.

Always Circle winner of Period.

If Wrestler wins Period by Technical Superiority—Mark "Tech" on that Period. TECHNICAL SUPERIORITY ARE;

Wrestler Scores 2- 3-point holds in period "wins period".

Wrestler is ahead by 6 points, “wins Period”.

1-- 5-point “Grand Amplitude” hold “wins period”.

Before period ends and it looks like it will end 0-0- Be looking for wrestler that is “Fleeing Hold” / “FLEEING MAT” Caution+ 1pt  
If period ends 0-0 ;

a “CLINCH” will be ordered. Time is 30 seconds.

A) One Wrestler will be given the Advantage--by a Draw

B) The Wrestler having Advantage will choose which leg they will grasp with their arms/hands(behind the knee) locked. Head on Outside of Hip. Schoolboy and down must have 1 knee on the mat. Cadet and up can be Standing or 1 knee or 2 knees on mat.

C) Opponent will place hands on wrestler’s shoulders/back or at their sides.

D) 1<sup>st</sup> points scored by either wrestler wins period. Looking for defensive wrestler to post hand on the mat. Looking for “Control”. If NO SCORE the Defensive Wrestler is Awarded 1- point and wins the period. There is no pins from “Clinch”.

Ends in a tie score such as 3-3.

A) If wrestler has a Caution he loses the period.

B) If points are same in value (1-1-1 vs 1-1-1)

Last points Scored wins period.

C) If one wrestler has scored 1-1-1 and the other wrestler has scored 1-2 The Wrestler with a 2 point move wins no matter if the last points scored was the opponent’s 1-point.

If an action is scored 2-2 the wrestler taking RISK will be considered last points scored.

Any Action by a wrestler that is deliberately trying to injury Opponent, will be DIQUALIFYED from further Competition.

All periods are 2 minutes with a 30 second break.

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