STRICT APPLICATION OF THE CURRENT WRESTLING RULES

Greco-Roman Wrestling – Starting position at the beginning of each period:
„Chest to chest“, feet in the inner circle

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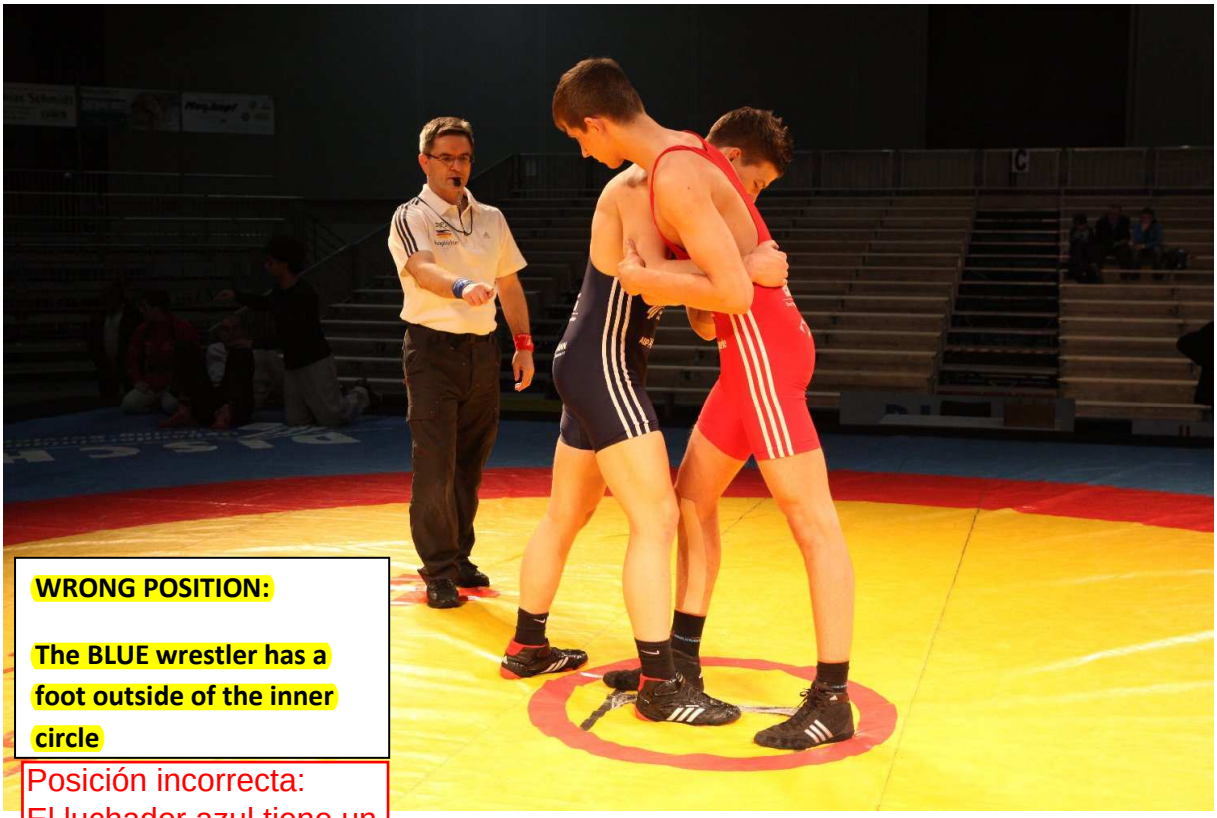


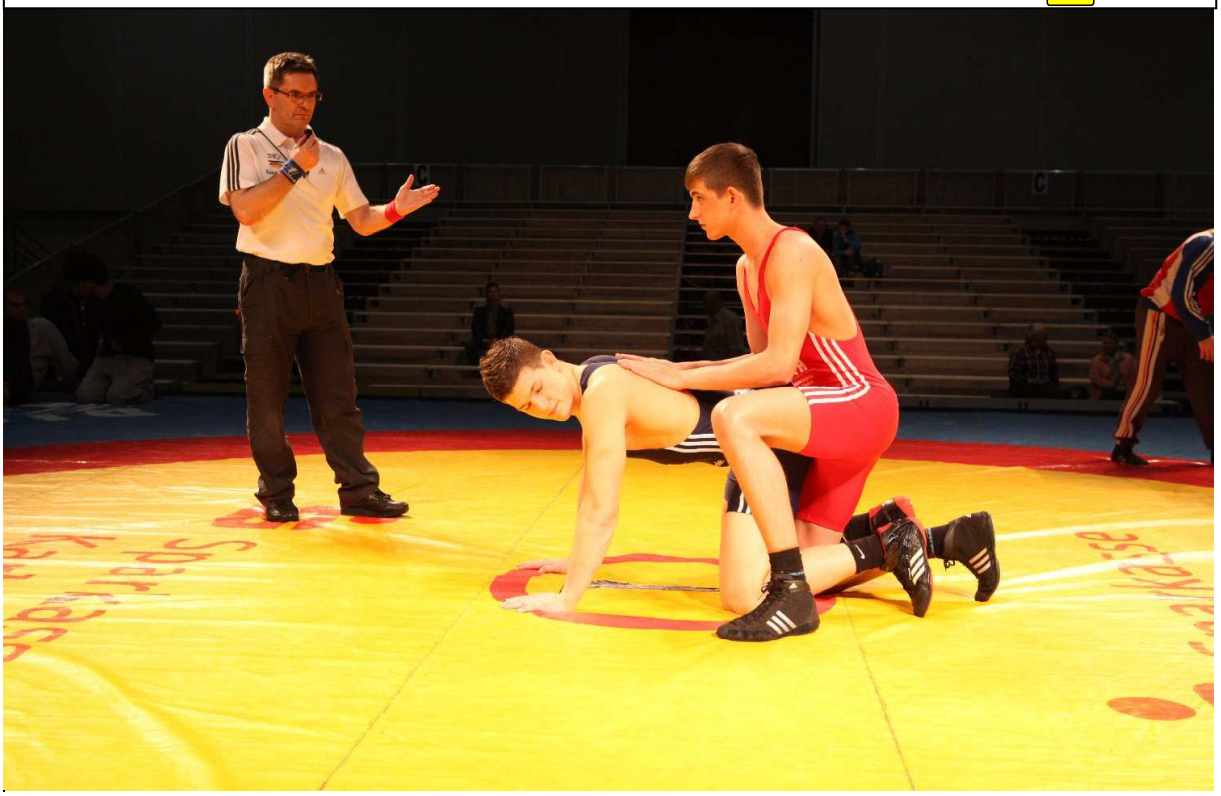
WRONG POSITION:

The BLUE wrestler has a foot outside of the inner circle

Posición incorrecta:
El luchador azul tiene un pie fuera de la interna círculo

Greco-Roman Wrestling – Starting „par terre“ position:
The top wrestler puts his two hands on his opponent’s shoulders and ONE knee to the floor.

The referee orders „IN POSITION“, waits for the position to be correct and stable…



… and then whistles .

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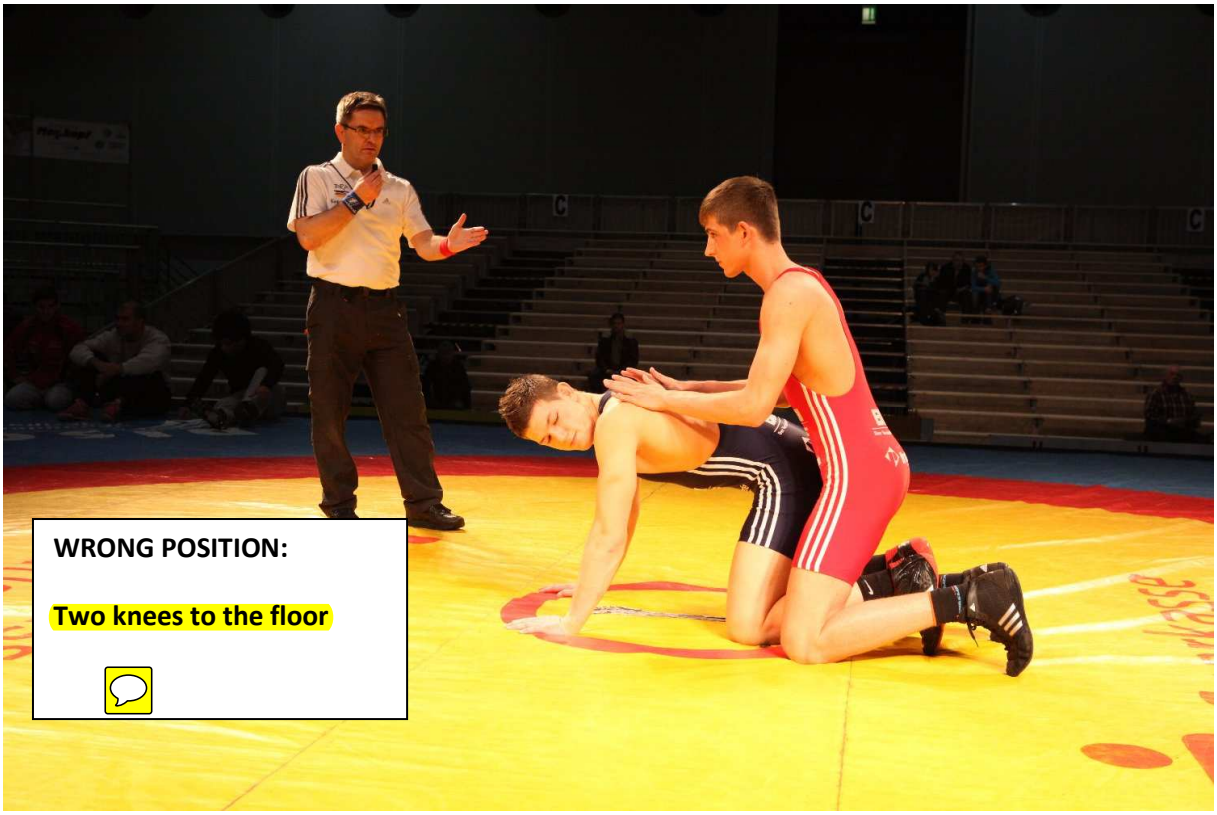

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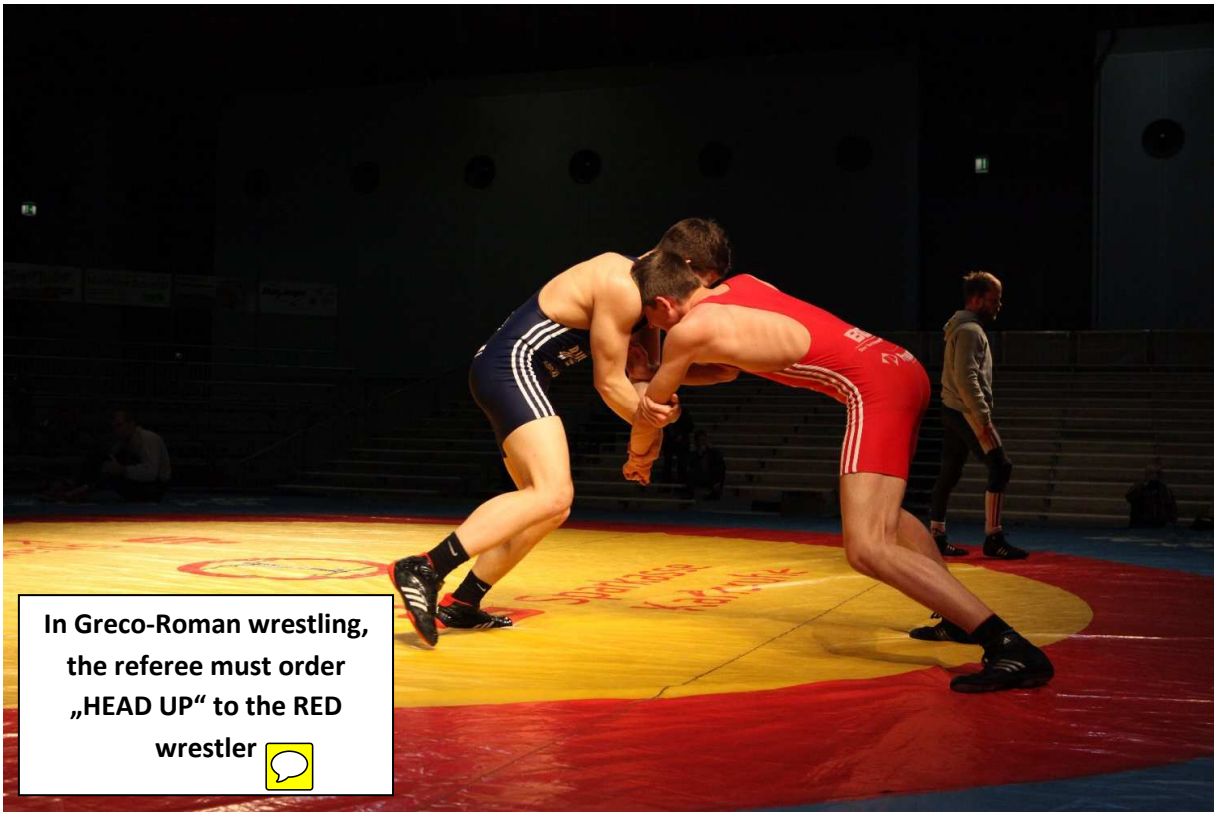
FAULT: Repeated entrance in the Red Zone

The referee must warn the wrestler at fault by saying: „RED… ZONE“



In Greco-Roman wrestling, the referee must order „HEAD UP“ to the RED wrestler

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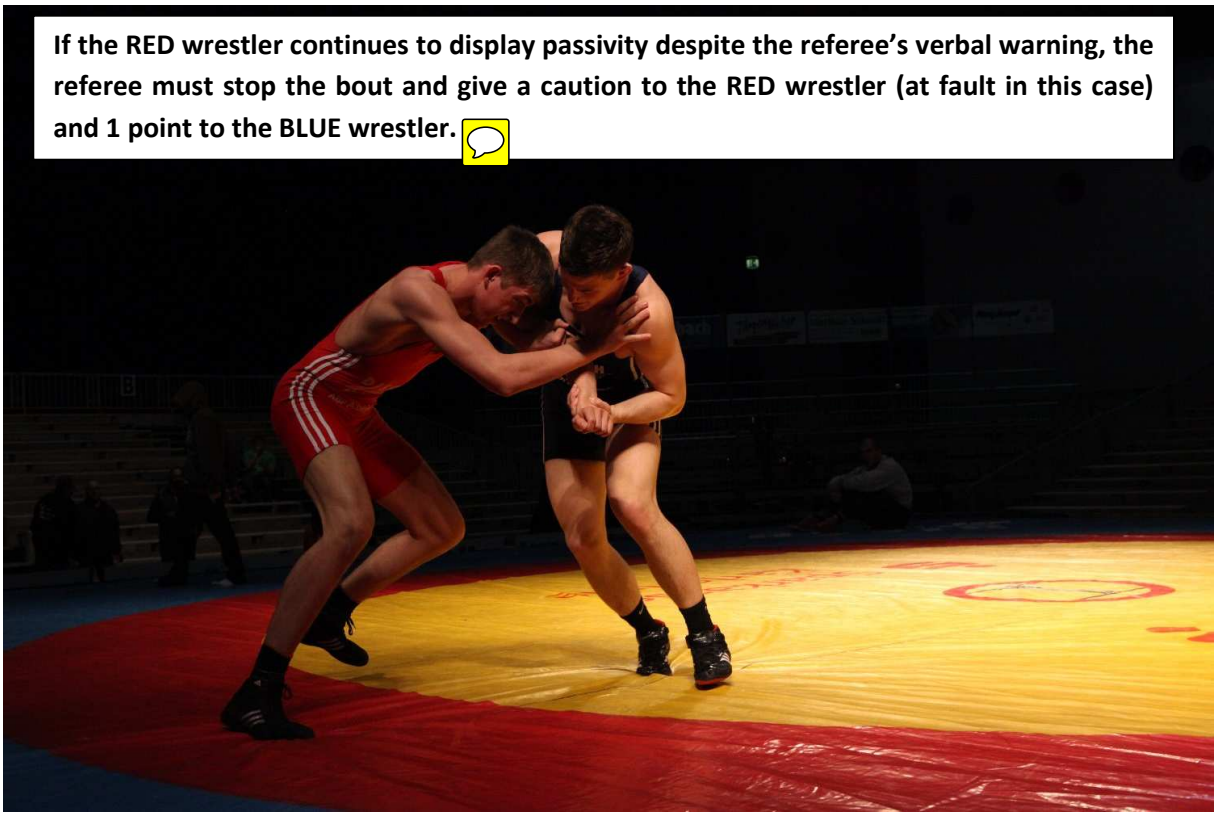
If the RED wrestler maintains the action in the red Zone and/or display a passive attitude (fleeing the mat or fleeing a hold), the referee must whistle and stop the bout. He gives a verbal warning to the RED wrestler at fault.

If the RED wrestler continues to display passivity despite the referee's verbal warning, the referee must stop the bout and give a caution to the RED wrestler (at fault in this case) and 1 point to the BLUE wrestler.



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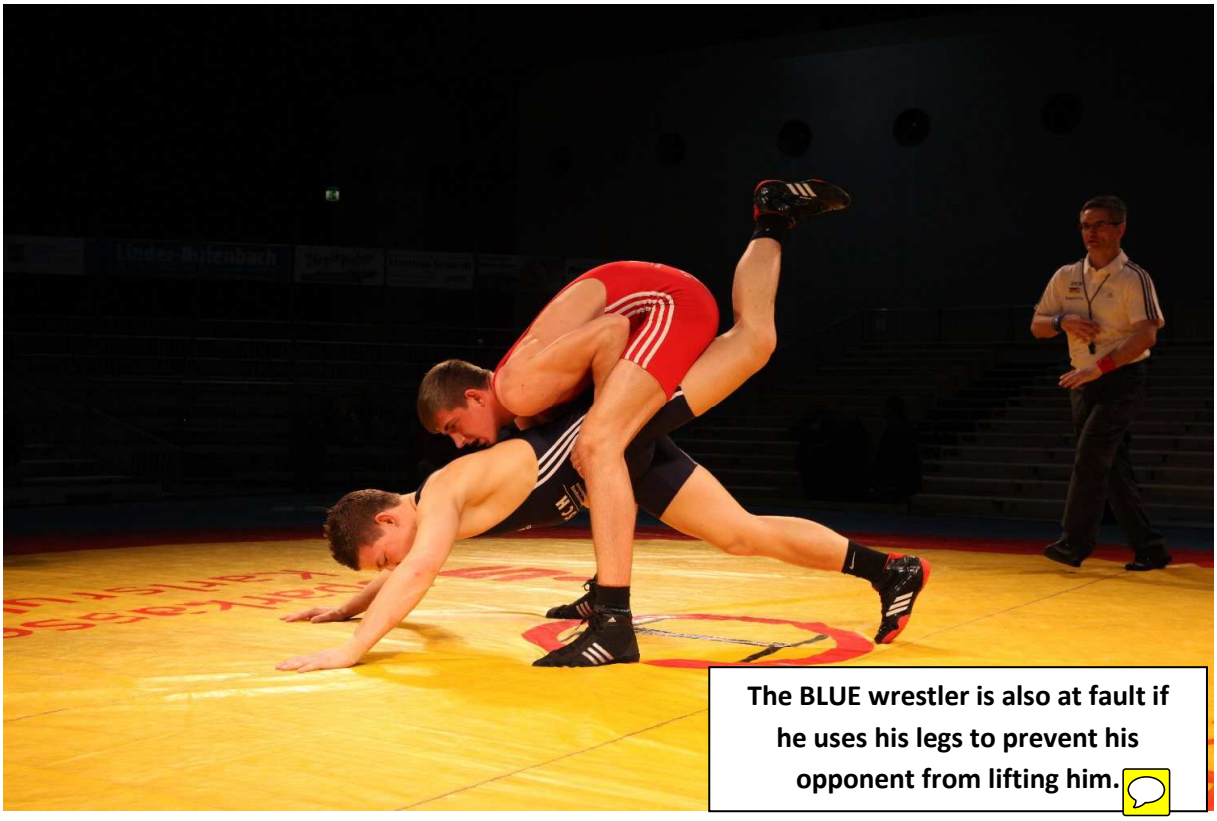
FAULT in Greco-Roman wrestling: The bottom wrestler lifts his legs

It is prohibited for the bottom wrestler to lift, push or press with his legs.

The referee must give a verbal warning to the BLUE wrestler. If he persists or repeats the fault, the referee must give him a caution and 2 points to the RED wrestler.



The BLUE wrestler is also at fault if he uses his legs to prevent his opponent from lifting him.

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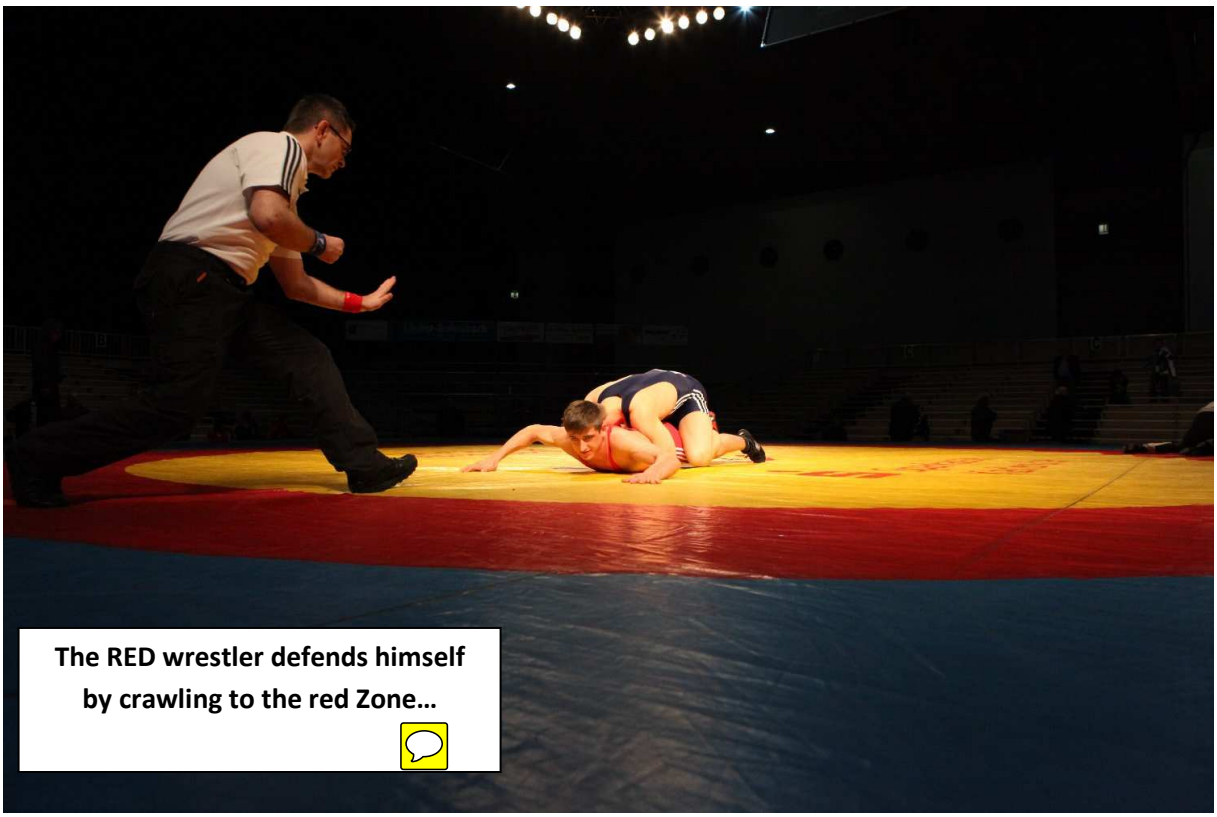
Fault in Greco-Roman Wrestling: Crawling to the Red Zone



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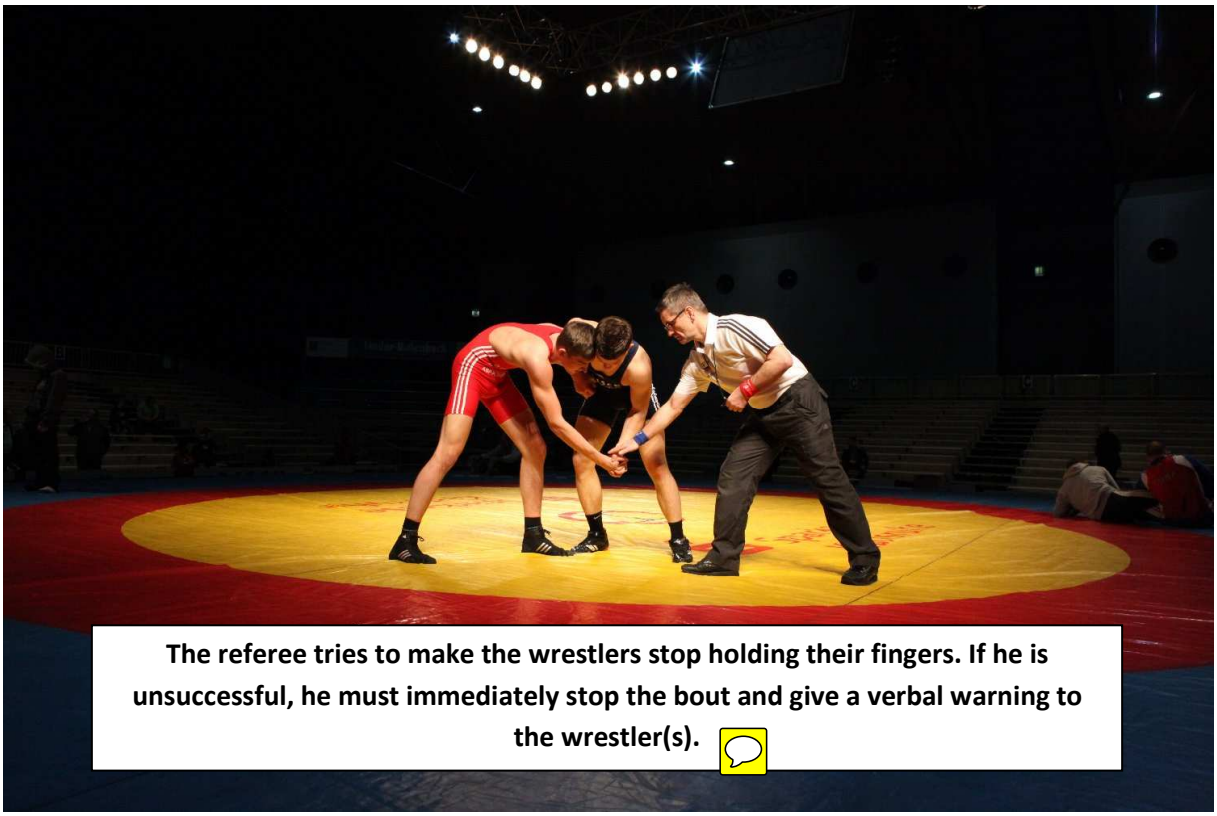
FAULT in Greco-Roman, Freestyle and Female Wrestling: Holding the fingers



The referee tries to make the wrestlers stop holding their fingers. If he is unsuccessful, he must immediately stop the bout and give a verbal warning to the wrestler(s).

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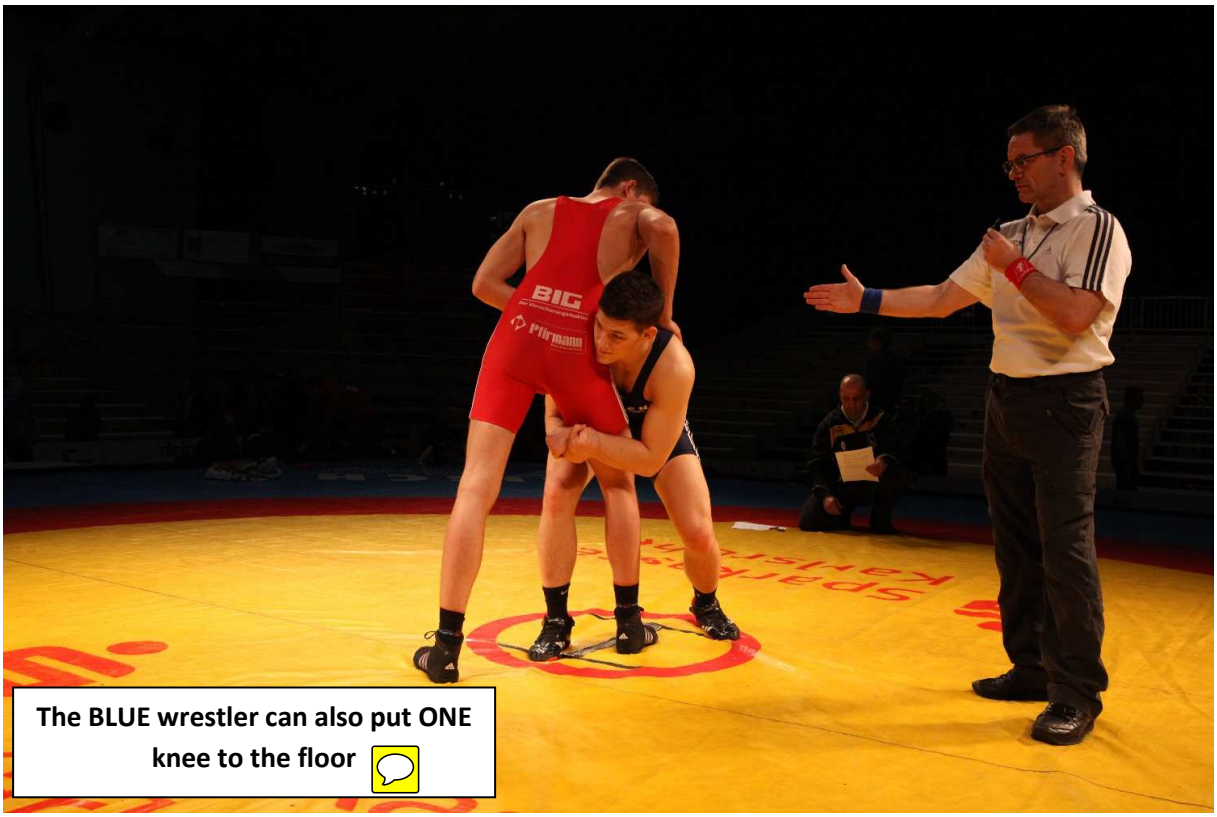
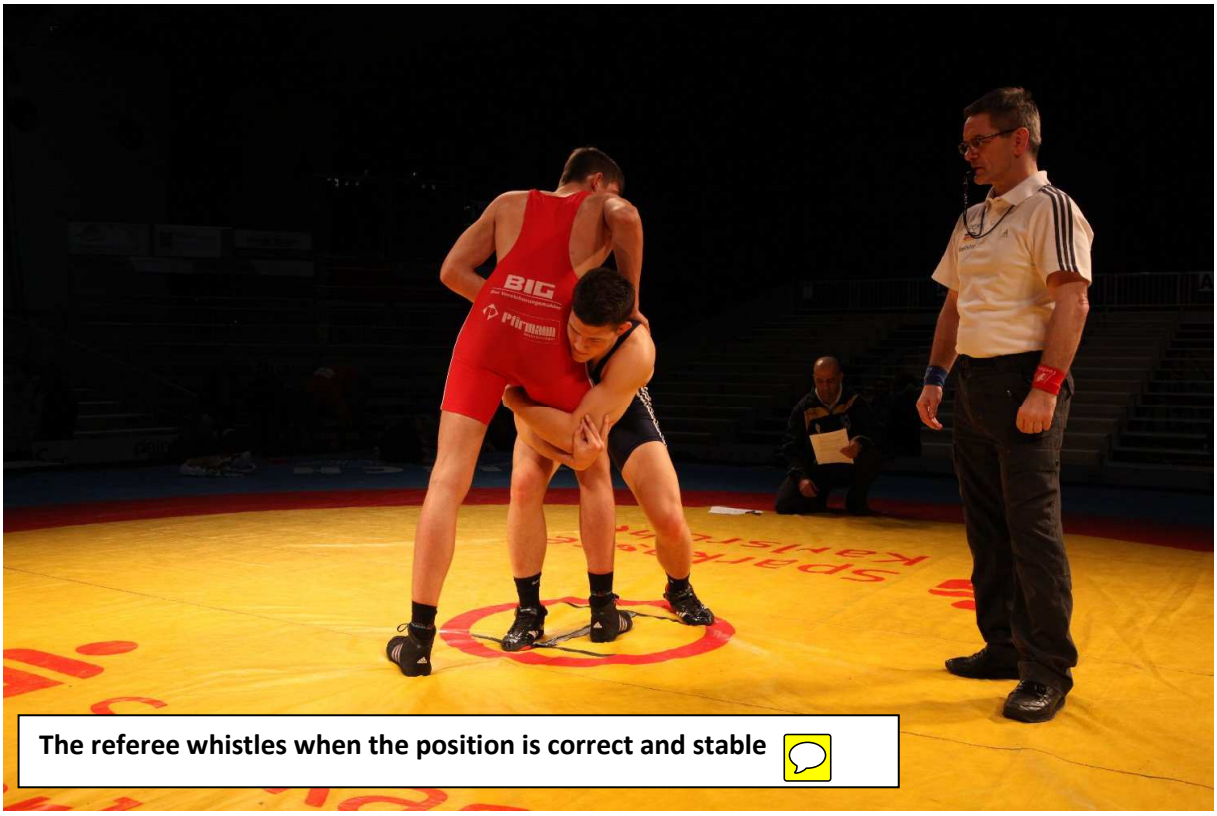
Freestyle and Female Wrestling: Correct position for the Clinch





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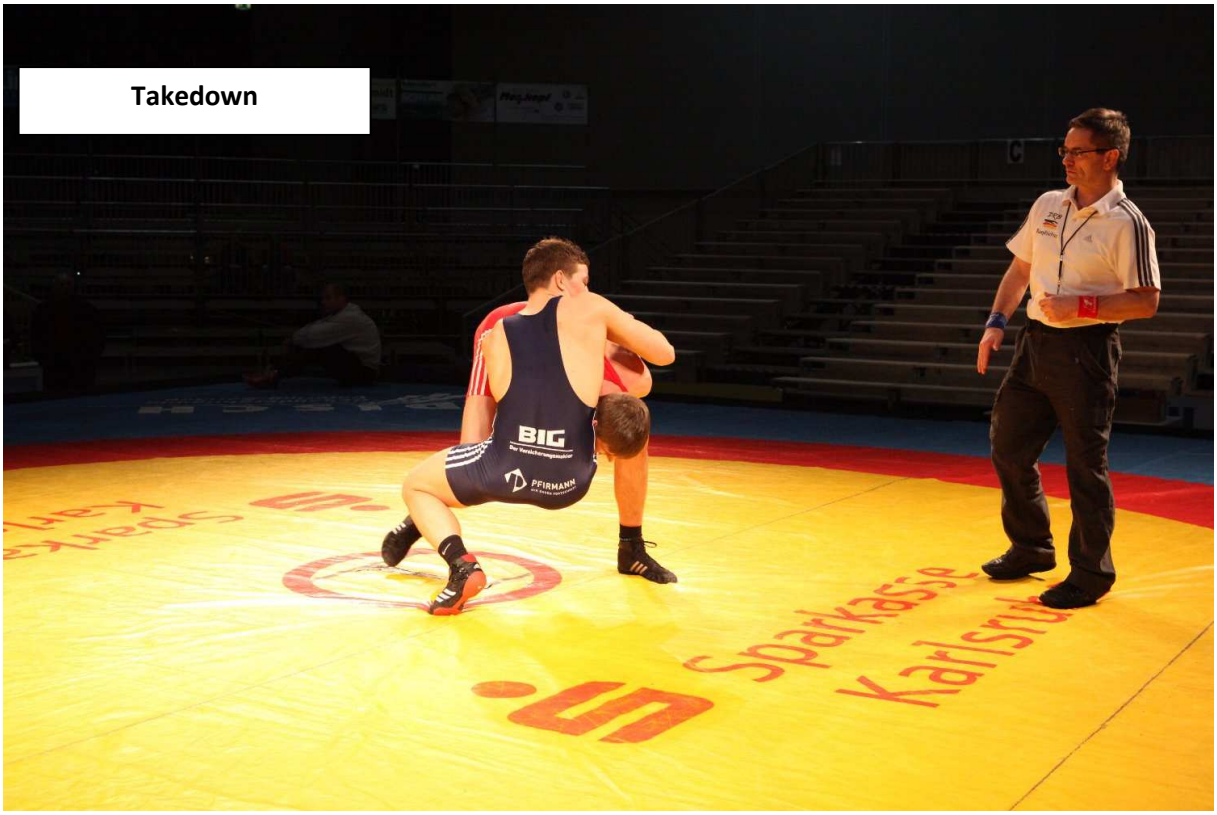

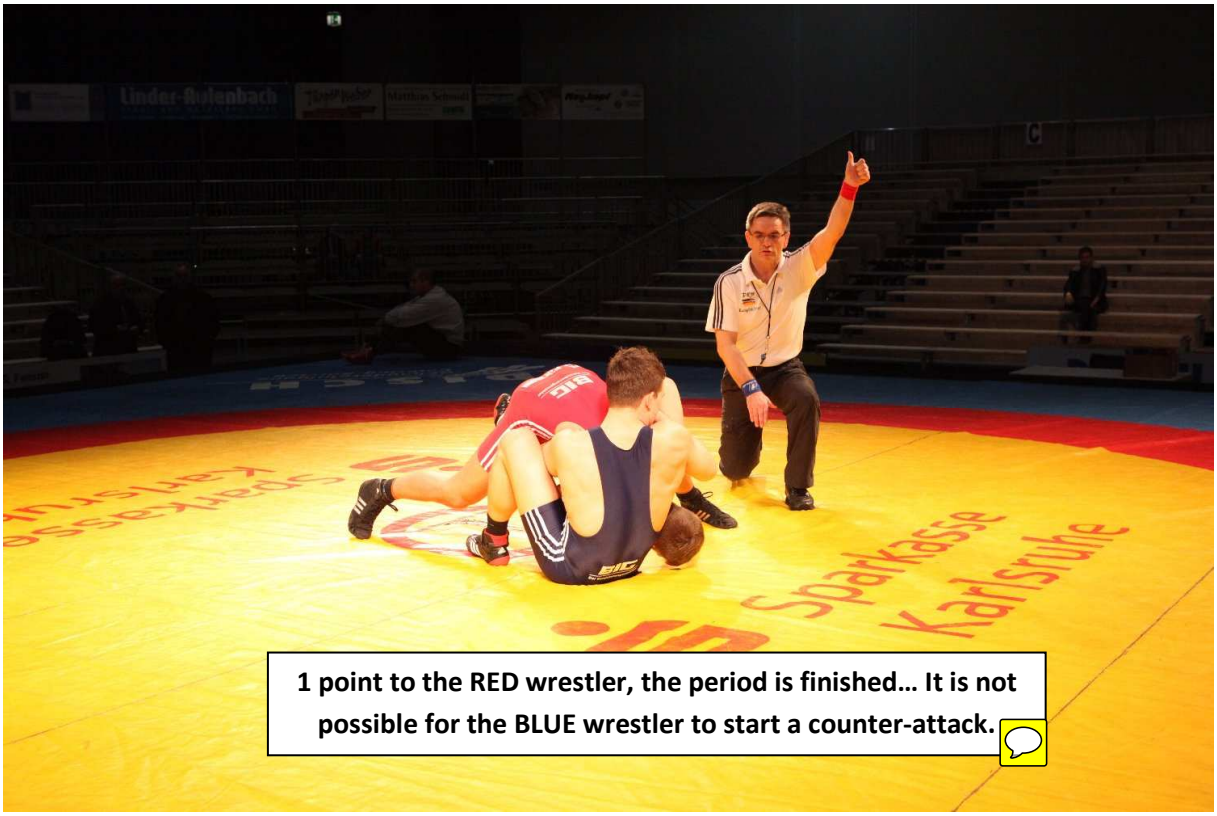

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