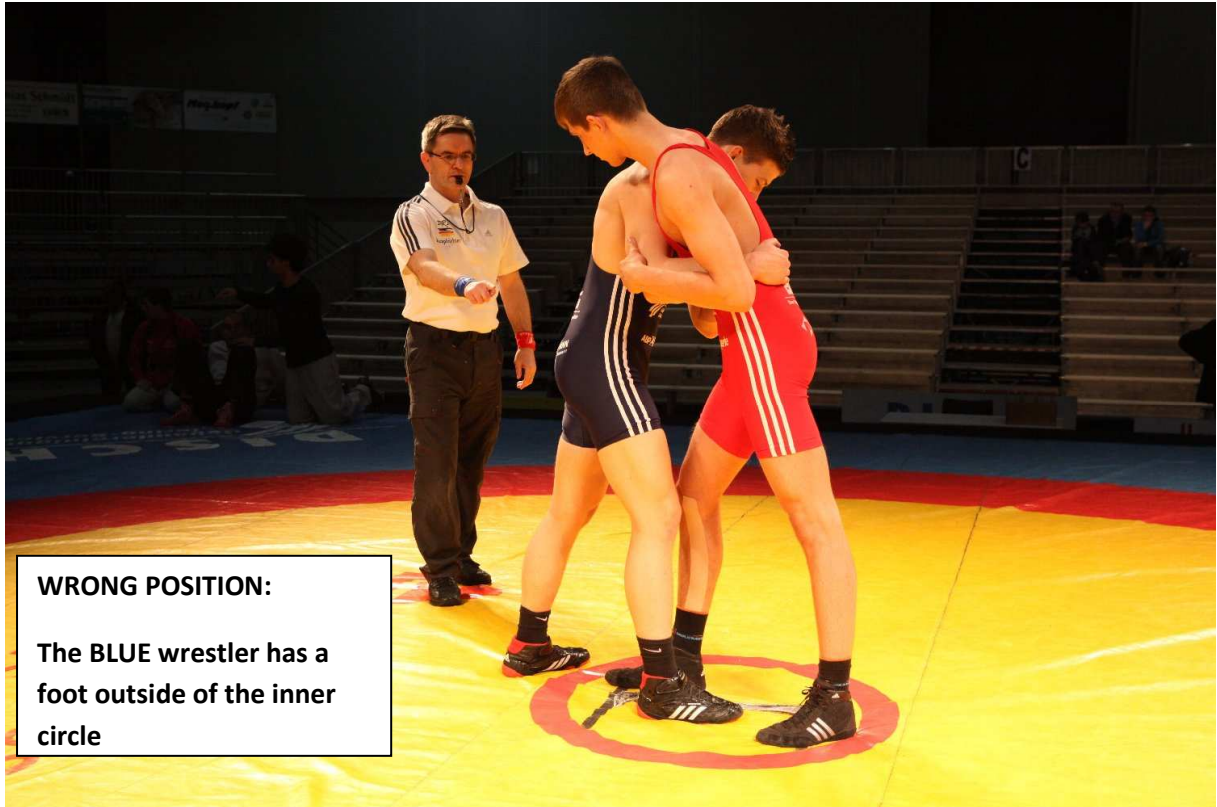


STRICT APPLICATION OF THE CURRENT WRESTLING RULES

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





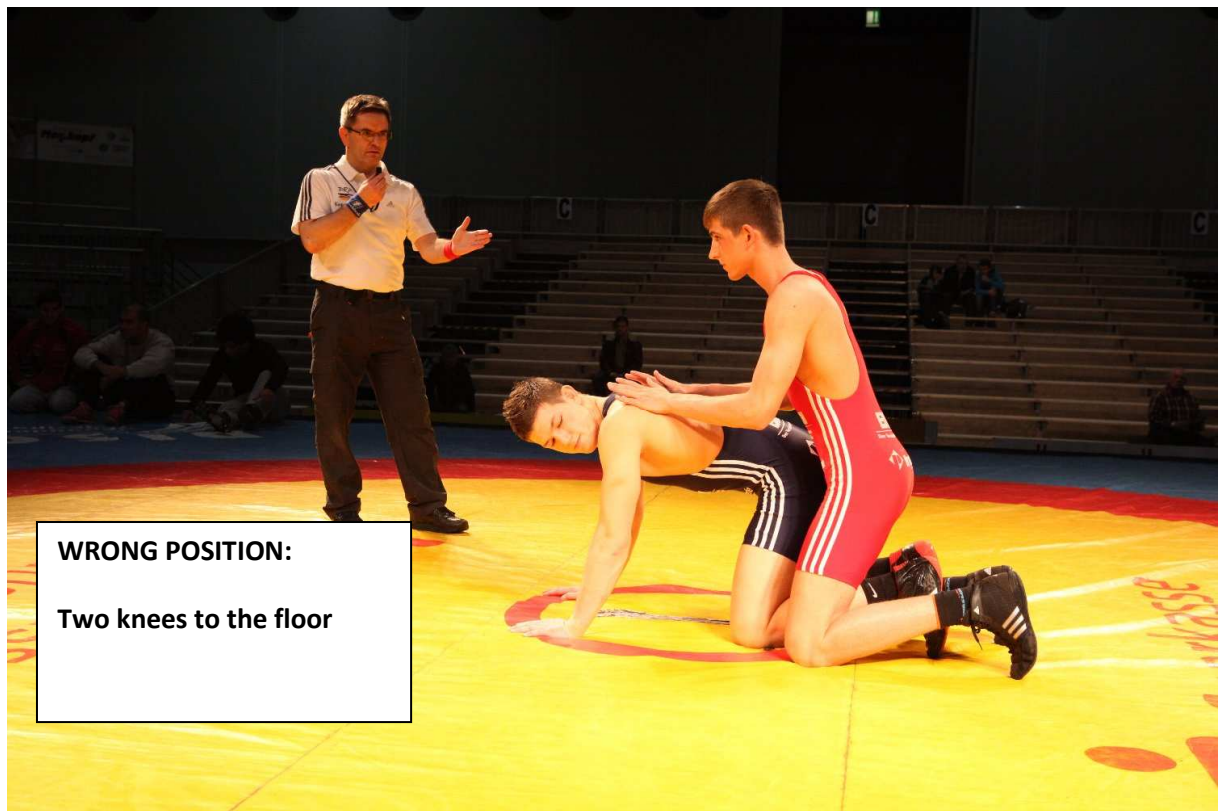
**Greco-Roman Wrestling – Starting „par terre“ position:
The top wrestler puts his two hands on his opponent's shoulders and ONE knee to the floor.**

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



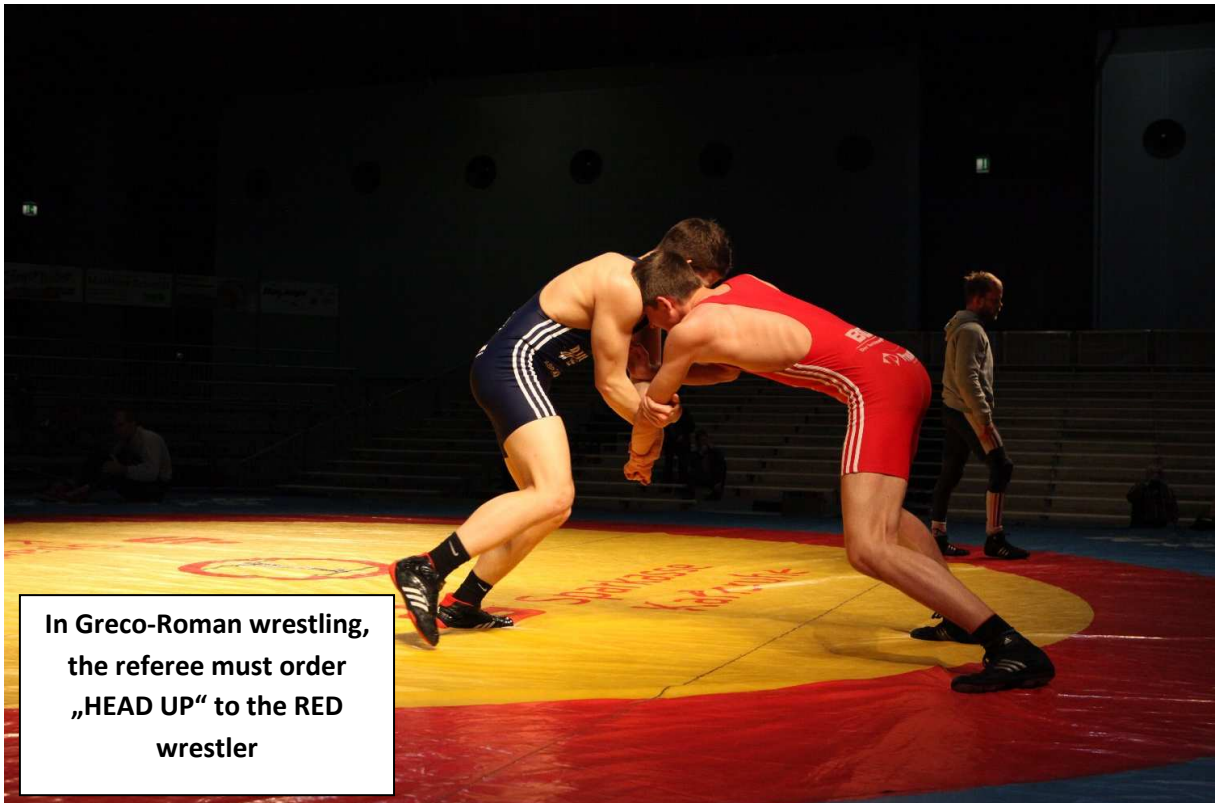
... and then whistles .





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

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.



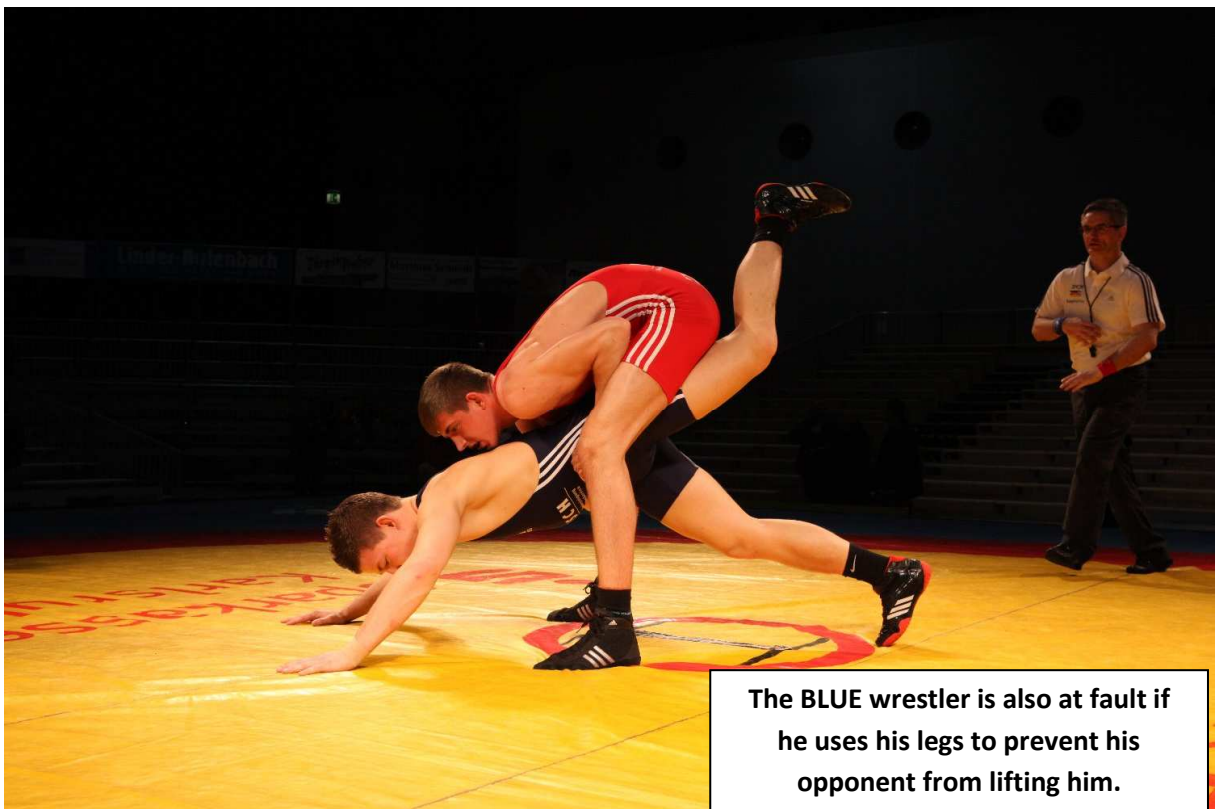
If the RED wrestler continues to display passivity despite the referee's verbal warning, the referee must stop the bout and give a caution to the RED wrestler (at fault in this case) and 1 point to the BLUE wrestler.



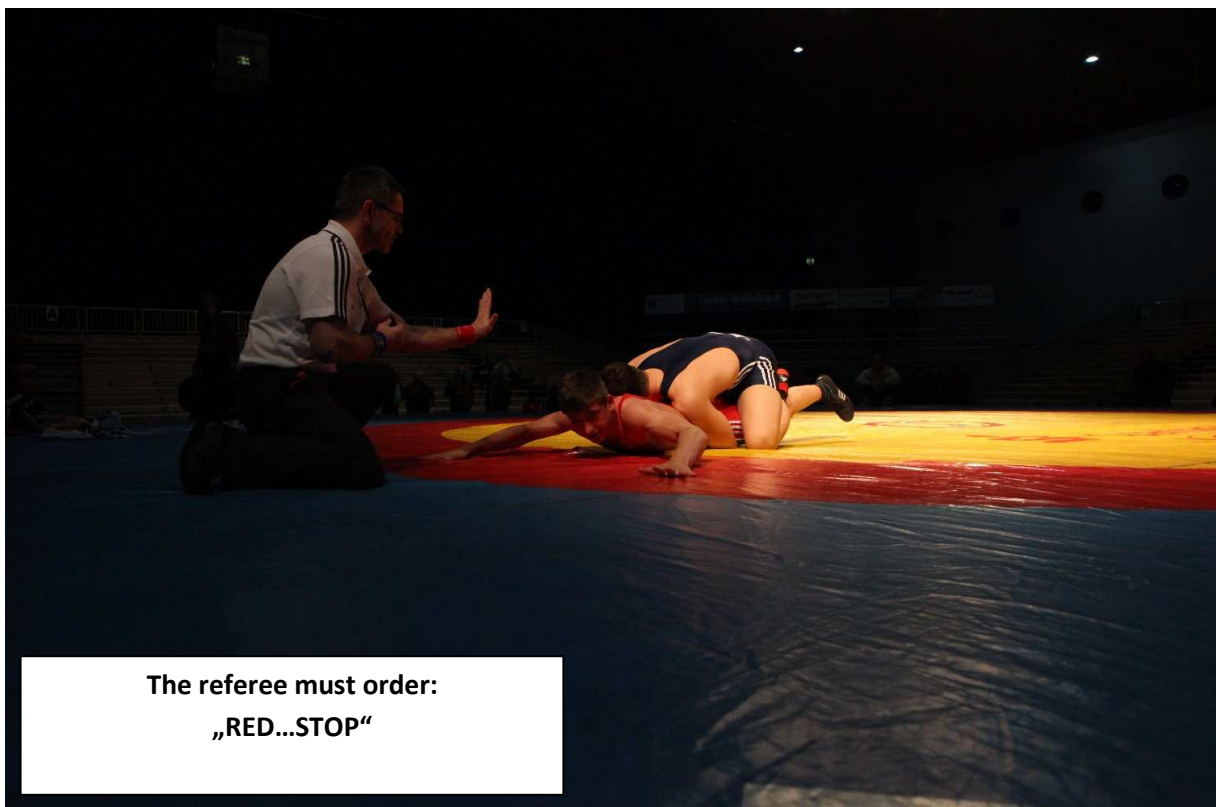
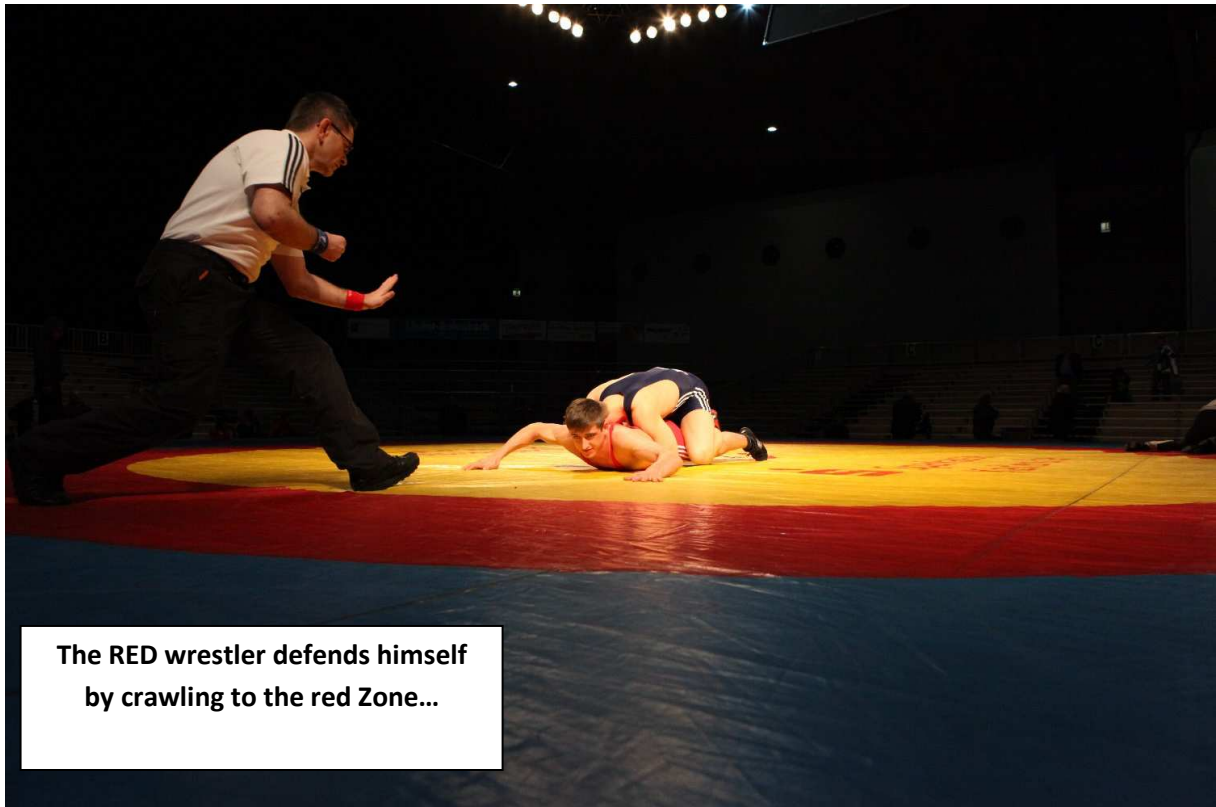
FAULT in Greco-Roman wrestling: The bottom wrestler lifts his legs

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

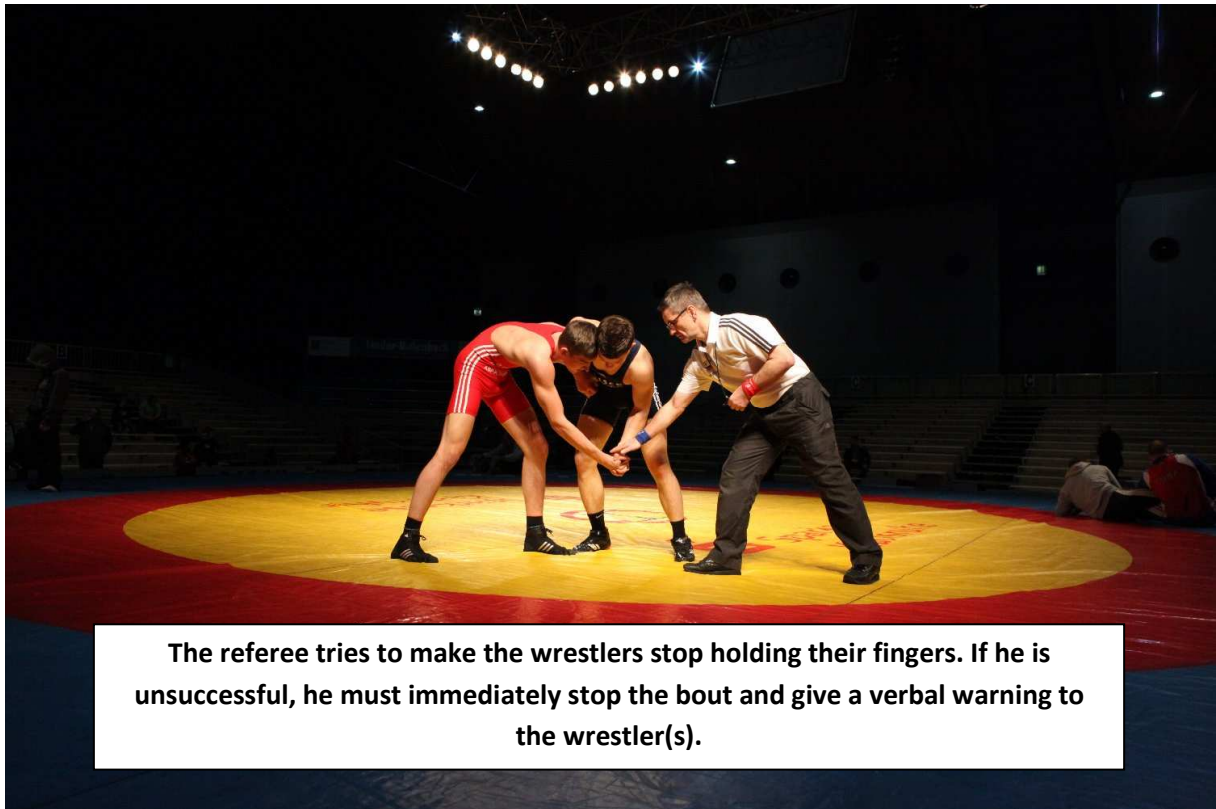
The referee must give a verbal warning to the BLUE wrestler. If he persists or repeats the fault, the referee must give him a caution and 2 points to the RED wrestler.



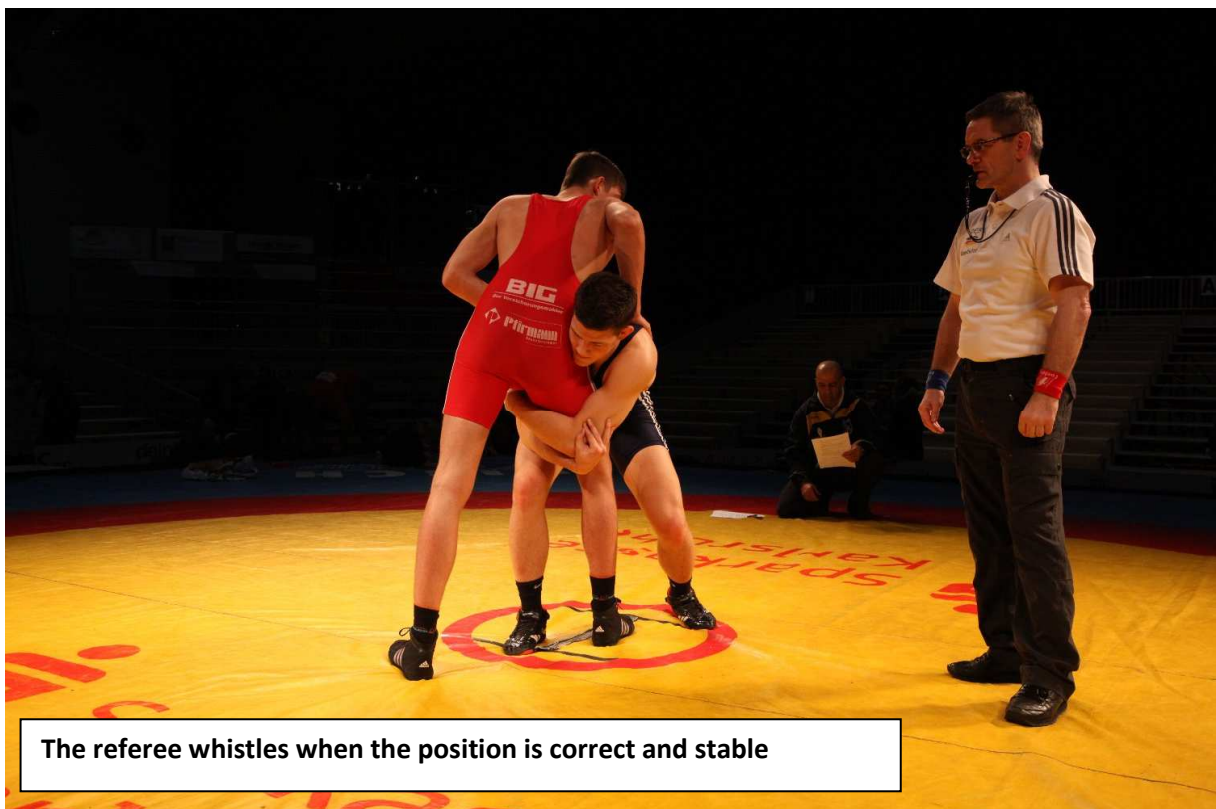
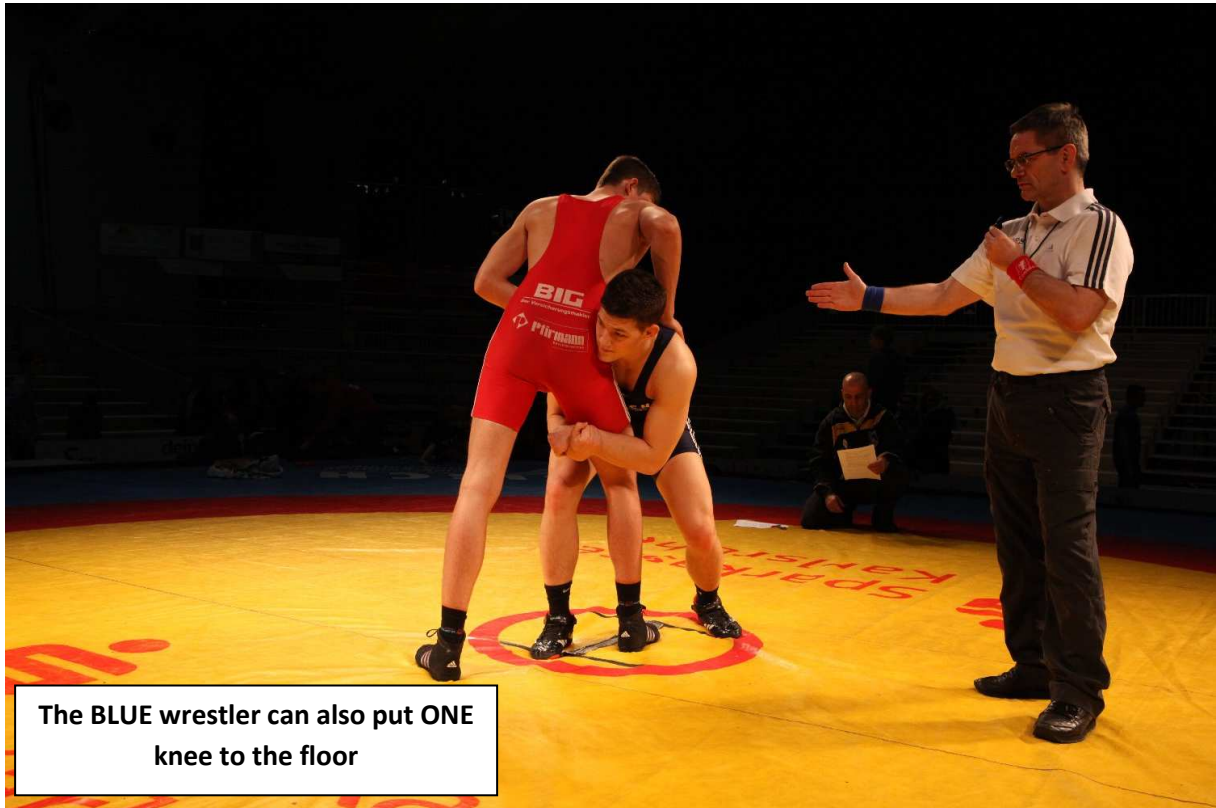
Fault in Greco-Roman Wrestling: Crawling to the Red Zone



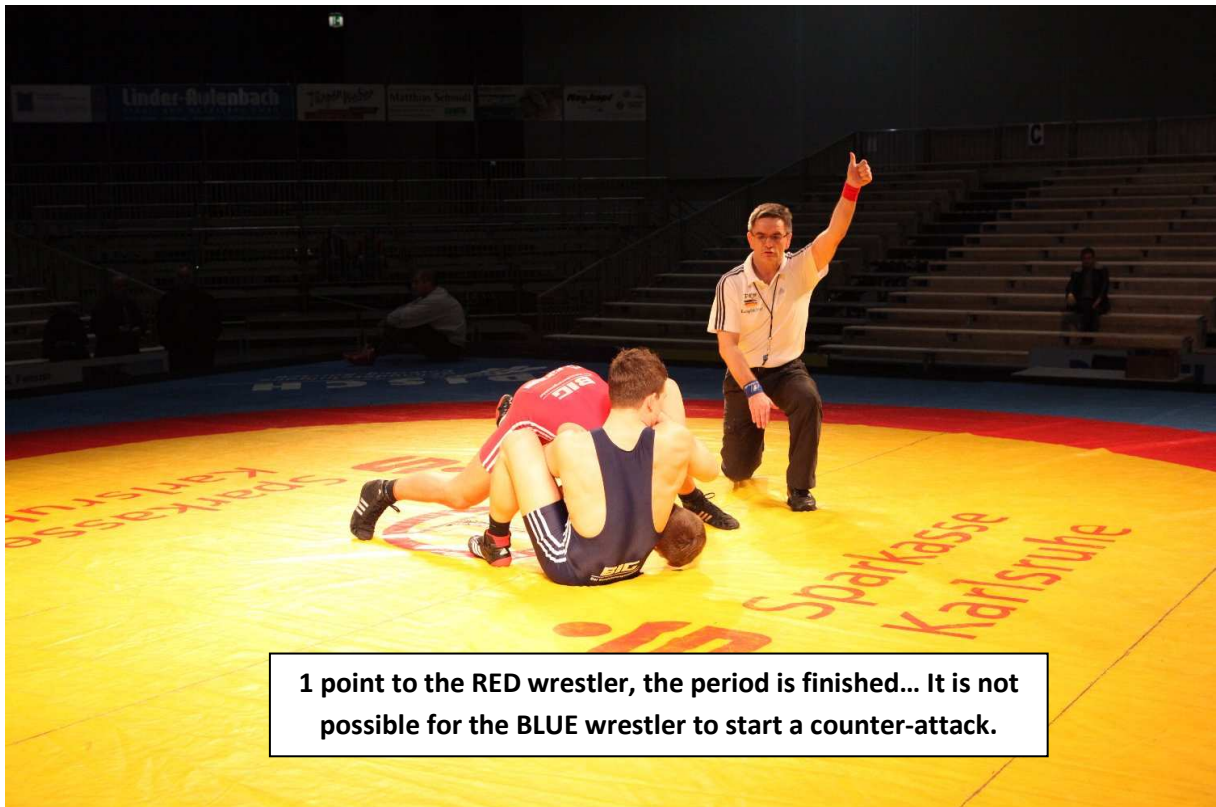
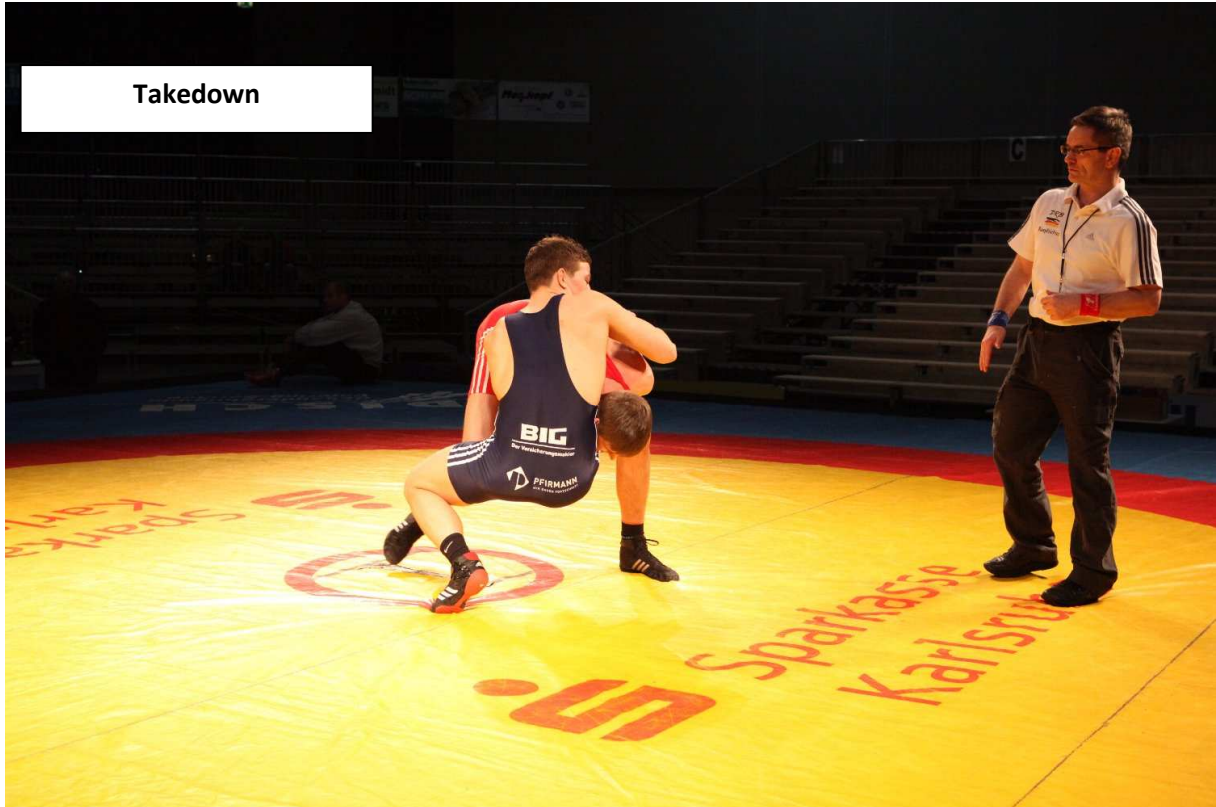
FAULT in Greco-Roman, Freestyle and Female Wrestling: Holding the fingers



Freestyle and Female Wrestling: Correct position for the Clinch



Takedown



1 point to the RED wrestler, the period is finished... It is not possible for the BLUE wrestler to start a counter-attack.