



Fédération Internationale des Luttes Associées
International Federation Of Associated Wrestling Styles

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NEW SYSTEM OF GRECO-ROMAN WRESTLING BOUT

A GR wrestling bout comprises 3 periods of 2 minutes. The wrestler winning 2 periods is declared the winner.

PERIOD

A period consists of 1 minute wrestling in a standing position, and two (2); 30 seconds wrestling in a par terre position.

Wrestling starts in the centre of the mat in a standing position. The wrestlers can carry out any possible actions.

After the 1st minute, the referee will stop the match and order a wrestler in the par terre position. The wrestler who has scored a technical point/s, after the one minute will take the hold.

If none of the two wrestlers has scored a technical point, the referee decides by a draw which wrestler will take the par terre position. The winner of the drawing of lot will take the hold in first.

The wrestler in the par terre position must have knees and hands in the central circle. Distance between his hands shall be maximum 30 centimetres. Arms shall be stretched out, feet shall not be crossed, and the superior part of legs shall be stretched out forming a 90° angle with the mat.

In order to execute the hold, the top wrestler grabs the wrestler in the par terre position by his waist, with his head towards his opponent's back, and executes an upside down belt hold (e.g. reverse body-lock). The wrestler, who takes the hold, can be in a standing position or have one knee on the mat.

Once the hold is executed, the referee whistles and the top wrestler can execute the hold. His opponent can start defending himself. During these 30 seconds, both wrestlers can execute all possible actions, in a standing or a par terre position.

If there is no winner after the first 30 seconds and/or the top wrestler has not scored any technical points, he will be penalised by a caution and 1 technical point will be awarded to his opponent.

If there is still no winner after the 30 seconds, the wrestler who was on top will place himself in the par terre position, and the other wrestler will initiate the action.

In the same way, if the wrestler has not scored any technical points, he will then be penalised by a caution and 1 technical point will be awarded to his opponent.

All the GR wrestling periods take place in the same manner.

SPECIAL SITUATIONS

- If at the end of the 1st minute, a wrestler is placed in a danger fall position, the referee will not stop the match; and the 2 mandatory par terre positions will be eliminated.
- If at the end of the 1 min. and 30 sec., a wrestler is placed in a danger fall position, the referee will not stop the match and the 2nd mandatory par terre position will also be eliminated.
- If the top wrestler refuses to apply the hold, the referee will strongly warn him first by using the word **attention**. If the wrestler doesn't obey the second referee's **contact**, then he will be penalised by a caution and 1 point will be awarded to his opponent. He will then lose the right to place his opponent in the par terre position and wrestling will continue in a standing position for the last 30 seconds.
- If the wrestler in the par terre position refuses to place himself correctly, then the referee will issue first a friendly warning by using the word **attention**. If the wrestler refuses to place himself correctly after the 2nd **contact**, he will be penalised by a caution and 2 points will be awarded to his opponent. The wrestler at fault will be then placed again in a par terre position. The penalties used will be the same if the par terre wrestler is using an illegal hold, fleeing of the mat, or fleeing of the hold.
- The same GR procedure will be applied for the cadet category, where the time of each period is also been established to be 2 minutes for all the styles.

This circular is an integral part of the wrestling rules

Lausanne, 30th May 2005

Ref :05/C056-A/sc – part II