



OFFICIAL RULEBOOK

Table of Content

Table of Content	2
Forward	4
Rulebook Objective	5
Interpretation of Rules	5
Tournament Logistics	5
Event venue	5
Competition Area	6
Uniform	6
Individual & Team sponsors	6
Uniform & Appearance compliance	6
Divisions	7
Age Categories	7
Schoolboy/Schoolgirl (U13)	7
Junior Cadet (U15)	7
Cadet (U17)	8
Junior Adult (U20)	8
Senior Adult (20+)	8
Masters (40+)	9
Competition Format	9
Tournament Structure	11
Pool Points	12
Pool Tiebreaker Criteria	12
Tournament Itinerary	12
Registration	13
Medicals	13
Check in, Weight check & Skin check	13
Weight Pool	14
U-17 Opening Ceremonies	14
U-17 Start of Competition	14
U-17 Closing Ceremonies & Awards	14
Adult Opening Ceremonies	14
Adult Start of Competition	15
Adult Closing Ceremonies & Awards	15

Officiating	15
Officials	15
Official's Uniform	15
Officials Duties	16
The Bout	17
Duration of the Bout	17
Start of the Bout	17
Interrupting the Bout	17
Ending the Bout	18
Victory Conditions	18
Victory Conditions for Schoolboy/Schoolgirl	18
Coaches	20
Prohibited Actions and Consequence	20
Stalling	20
Stalling Procedure	21
Fouls	21
Prohibited Actions	22
Elimination from Competition	22
Referee Position	22
Wrestling Within the Competition Area	23
Season Standings Point Classifications	24
Glossary of Terms	24

Forward

The spirit of Catch wrestling is to secure victory through scoring a fall. Competitors must actively pursue the fall; it is unacceptable to not wrestle or be passive. All Crank Cup Tournaments follow rules that constitute the "Rules of the Game".

The Crank Cup strives to facilitate the development of pure wrestling through its implementation of the "Rules of the Game".

U-15 divisions and U-17/Adult divisions basically differ as follows:

In U-15, the use of concession holds(submissions) is strictly forbidden, or to attempt back arching or high amplitude throws.

In U-17 and Adult divisions, the use of concession holds is allowed.

However, back arching or high amplitude throws are only permitted in the Adult divisions.

Frequently modified and always subject to further modification, the Rules set forth herein must be known and accepted by all wrestlers, coaches, referees and leaders. They call upon those who practice the sport to fight totally and universally, with complete honesty and fair play for the pleasure of the spectators.

Rulebook Objective

The following are the objectives of “Rules of the Game”:

- Define and specify the practical and technical conditions under which bouts are to take place;
- Determine the competition system, methods of victory, defeat, classifications, penalties, elimination of competitors, etc;
- Determine the values to be assigned to wrestling actions and holds;
- List situations and prohibitions;
- Determine the technical functions of the officials.

Being subject to modification in light of practical observations as to their application and research into their effectiveness, the rules set forth in the following document constitute the framework within which all Crank Cup tournaments will be governed.

Interpretation of Rules

The tournament officials have the final say on any interpretation and application of the rules.

Judgment will always be based upon the safety of the athlete first.

Tournament Logistics

Event venue

Crank Cup tournaments can be held either indoors or outdoors. In order for a location to be suitable, it must meet the following criteria:

- Minimum seating capacity of 100
- Be able to accommodate a single regulation mat
- A sheltered area for competitor (outdoor venues)
- Warm-up area with mats

Competition Area

The competition surface can be one(1) of two(2) formats; either an approved freestyle/folkstyle wrestling mat or the square catch wrestling mat. There must be a permanent marking to indicate the middle of the mat and a circle or square to signify the edge of the competition area. The part of the mat which is inside the circle/square is the wrestling zone (7m). The danger zone is the 1.5m area outside of the mat circle. A 1.5m mat will surround three sides of the competition mat's perimeter.

The scorekeeper table must be situated off the mats and the coaches chairs will be situated on the mat opposite to the scorekeeper table.

Uniform

Wrestlers can wear either a one-piece singlet or rash guard & shorts. Compression or fight shorts are both acceptable.

All logos must be family friendly, zero tolerance for offensive images.

It is acceptable for Schoolboy/Schoolgirl competitors to wear a cotton t-shirt and board shorts or leggings.

Knee pads with no hard parts are allowed.

Ear protectors are allowed, but must not contain any metal or have hard shells. The Mat Official can instruct a wrestler to wear ear protectors if they deem the hair to be too long.

Individual & Team sponsors

All sponsorships & advertisements must be family friendly and in good taste. Officials have the right to disallow any advertisement or sponsorship it deems contrary to the values of the Crank Cup tournaments.

Uniform & Appearance compliance

At the weigh-in, the officials will review all requirements for uniform & appearance compliance. If a wrestler's kit is not in compliance with the requirements, they will not be allowed to compete. If a competitor steps onto the mat in violation of these requirements, the Mat Official can issue a one(1) minute compliance time. If the wrestler is still at fault after this time, he/she will forfeit the match.

Divisions

Age Categories

The age categories are as follows:

Schoolboy/Schoolgirl	6-12 years
Junior Cadet	13-14 years (12 years with 3yrs+ competition experience)
Cadet	15-16 years
Junior Adult	17-19 years
Senior Adult	20 years and older
Masters	40 years and older

Schoolboy/Schoolgirl (U13)

Schoolboy/Schoolgirl division matches are contested over one(1), two(2) minute period. The objective is to score pin falls, a pin fall is when a wrestler's shoulders are forced to the wrestling surface for two(2) seconds. The wrestler with the highest pinfall count at the end of regulation time is the victor.

If a wrestler scores two(2) consecutive pin falls or a ten(10) point advantage, the match is ended immediately and victory is awarded to that wrestler.

If at the end of regulation time pin falls are equal, the wrestler with the most points is declared the victor.

If both pin falls and points are equal at the end of regulation time, the match ends in a draw.

Junior Cadet (U15)

Junior Cadet division matches are contested over one(1), four(4) minute period. The objective is to score two(2) pin falls within the allotted time, a pin fall is when a wrestler's shoulders are forced to the wrestling surface for two(2) seconds. After each pin fall the wrestlers are immediately restarted in referee position, with the pinned wrestlers starting with back control.

If at the end of regulation time pin falls are equal, the wrestler who secured the first pin is awarded the victory.

If no pin falls are scored in regulation time, the match ends in a draw.

Cadet (U17)

Cadet division matches are contested over one(1), four(4) minute period. The objective is to score two(2) falls within the allotted time. A fall is awarded for either a pin, or when the opponent concedes. Concessions include submission, forfeit or disqualification. After each fall the wrestlers are immediately restarted in referee position, with the losing wrestlers starting with back control.

If at the end of regulation time falls are equal, the wrestler who secured the first pin fall is awarded the victory.

If no pins are scored, the wrestler with the first concession fall is the victor.

If no falls are scored in regulation time, the match ends in a draw.

Junior Adult (U20)

Junior Adult division matches are contested over one(1), five(5) minute, ten(10) minute or twenty(20) minute period depending on the wrestling event. The objective is to score two(2) falls within the allotted time. A fall is awarded for either a pin, or when the opponent concedes. Concessions include submission, forfeit or disqualification. After each fall the wrestlers are immediately restarted in referee position, with the losing wrestlers starting with back control.

If at the end of regulation time, falls are equal, the wrestler who secured the first pin fall is awarded the victory.

If no pins are scored, the wrestler with the first concession fall is the victor.

If no falls are scored in regulation time, the match ends in a draw.

Senior Adult (20+)

Senior Adult division matches are contested over one(1), five(5) minute, ten(10) minute or twenty(20) minute period depending on the wrestling event. The objective is to score two(2) falls within the allotted time. A fall is awarded for either a pin, or when the opponent concedes. Concessions include submission, forfeit or disqualification. After each fall the wrestlers are immediately restarted in referee position, with the losing wrestlers starting with back control.

If at the end of regulation time, falls are equal, the wrestler who secured the first pin fall is awarded the victory.

If no pins are scored, the wrestler with the first concession fall is the victor.

If no falls are scored in regulation time, the match ends in a draw.

Masters (40+)

Masters division matches are contested over one(1), five(5) minute, ten(10) minute or twenty(20) minute period depending on the wrestling event. The objective is to score two(2) falls within the allotted time. A fall is awarded for either a pin, or when the opponent concedes. Concessions include submission, forfeit or disqualification. After each fall the wrestlers are immediately restarted in referee position, with the losing wrestlers starting with back control.

If at the end of regulation time, falls are equal, the wrestler who secured the first pin fall is awarded the victory.

If no pins are scored, the wrestler with the first concession fall is the victor.

If no falls are scored in regulation time, the match ends in a draw.

Competition Format

The Crank Cup Championships are determined by points amassed over the course of a season. Each season consists of four(4) tournaments, with each competitor's top three(3) matches from each event determining their season standing. See Season Standing Point Classification.

All divisions, with the exception of the Schoolboy/Schoolgirl division, score match points from falls.

Schoolboy/Schoolgirl division in addition to pin falls, points are awarded for takedowns, near falls, escapes and reversals.

In the event of a points tie after four(4) events, the competitor with the most pin falls is declared season champion.

If both points and pins are equal, the competitor with the most concession falls is declared season champion.

If both points and pins are equal in the Schoolboy/Schoolgirl division, then both competitors are declared champions.

Tournament Structure

Wrestlers will be grouped into pools of four(4) based on closest weights. Each athlete will wrestle three(3) bouts, with a minimum of fifteen minutes of rest in between matches. Medal placement will be determined by Pool Points.

Pools with only two(2) wrestlers will be contested as a best of three(3) bouts.

Pools of three(3) wrestlers will be treated as a pool of four(4) with the fourth(4th) wrestler being a bye. Once all athletes have wrestled one another, the top two(2) wrestlers in the pool will then wrestle for medal placement.

For pools of five(5) wrestlers, a blind draw will seed wrestlers one through five. Seeds two(2) through five(5) will wrestle three(3) times. The number one(1) seed will wrestle four(4) times, with the top three(3) results being kept. Once all athletes have wrestled one another, the top two(2) wrestlers in the pool will then wrestle for medal placings.

Example:

Round 1	Round 2	Round 3	Round 4
1 vs. 2	1 vs. 3	1 vs. 4	1 vs. 5
3 vs. 5	2 vs. 4	2 vs. 5	3 vs 4

For pools of six(6) wrestlers, athletes will be randomly placed into sub pools of three(3) wrestlers. With one exception,teammates will automatically be seeded in the same Pool to ensure the best wrestler from their club moves to the medal round. Each pool will wrestle through to determine pool standings. Each ranking will wrestle their corresponding rank in the other sub pool to determine the overall standings for the pool.

Example two(2) sub pools:

First place wrestler from sub pool A will wrestle first place wrestler from sub pool B to determine Gold and Silver.

Second place wrestler from sub pool A wrestle second place wrestler from sub pool B to determine third and fourth placing.

In the event of having multiple sub pools of similar weights an absolute placing round can be wrestled.

Example 3 sub pools:

First place wrestlers from all pools will wrestle a Round Robin to determine 1st, 2nd & 3rd places.

Only the top three(3) matches will count towards the individual season championship standings.

Pool Points

Winning a match is three(3) points, drawing a match is one(1) point, losses are zero(0) points.

Pool points only determine pool placing, and have no impact on season standings.

Pool Tiebreaker Criteria

In the event that a Pool ends in a draw, the following tiebreaker criteria will be used:

1. Most Pin Falls
2. Most Concession Falls/Technical Falls(Schoolboy/Schoolgirl Division Only)
3. Most Match Points(Schoolboy/Schoolgirl Division Only)
4. Lightest wrestler

Tournament Itinerary

- Registration
- Medicals (if necessary)
- Check-in, Weight check & Skin check
- Opening ceremonies for U-17 wrestlers
- Start of competition
- Completion of U-17 matches

- Closing ceremonies & awards
- Opening ceremonies for Adult divisions
- Start of competition
- Completion of Adult matches
- Closing ceremonies & awards

Registration

Individual competitors must register and submit weight no later than three(3) days prior the event. No exceptions for late registration will be made.

Team rosters with weights must be submitted to the organizer by the team coach/manager, no later than three(3) days prior to the event. No changes will be accepted after this time.

Medicals

If an athlete has recently (within four weeks) suffered an injury, such as; concussion, hyperextension of a joint or other form of trauma, a medical clearance note will need to be presented in order for the athlete to participate.

Check in, Weight check & Skin check

Competitors must check in 15 mins prior to the opening ceremonies. Any wrestler that does not produce a medical clearance note within the time period stipulated in the regulations governing the competition in question will not be allowed to participate.

Once an athlete has checked in, they will proceed to weight check and skin check. The athletes will be weighed in their competition kit (except wrestling shoes). Athletes have a one(1) kilogram allowance, any wrestler over their registered weight will be bumped up to the next weight pool.

Wrestlers are then examined by officials to ensure no wrestlers present any danger of contagious skin diseases.

On the day of the tournament, competitors are required to be well kept in appearance and health. Nails trimmed and long hair kept back from face.

Weight Pool

All weight pools and match order list will be posted throughout the venue.

An information sheet will also be posted, with bout scoring criteria, pool scoring criteria, tiebreaker criteria and team title scoring.

U-17 Opening Ceremonies

To start every sanctioned tournament the following procedures will be followed.

A parade of athletes by club onto the mats, followed by the playing of the national anthem. After the anthem is completed, athletes will have 15-20 minutes to remain on the mats to warm-up. During this time a tournament promo & rules video will be played on big screens over the mats.

U-17 Start of Competition

U-17 division matches will alternate Schoolboy/Schoolgirl then Junior Cadets followed by Cadets. Each division will wrestle all bouts per round before moving to the next age group, with the aim to provide each competitor a minimum fifteen(15) minutes rest between bouts. This cycle will repeat until all bouts for each division have been completed.

U-17 Closing Ceremonies & Awards

Once all of the U-17 matches are complete a brief intermission will take place to confirm pool placing.

All athletes will return to the mat for medal presentations.

Medalists will have their photos taken in front of the tournament banner.

Adult Opening Ceremonies

A parade of athletes by club onto the mats, followed by the playing of the national anthem. After the anthem is completed, athletes will have 15-20 minutes to remain on the mats to warm-up. During this time a tournament promo & rules video will be played on big screens over the mats.

Matches will alternate between weight pools to ensure each wrestler receives a minimum fifteen (15) minutes rest between bouts.

Adult Start of Competition

Adult division matches will alternate Junior Adult then Senior Adult followed by Masters. Each division will wrestle all bouts per round before moving to the next age group, with the aim to provide each competitor a minimum fifteen(15) minutes rest between bouts. This cycle will repeat until all bouts for each division have been completed.

Adult Closing Ceremonies & Awards

Once all of the Adult matches are complete a brief intermission will take place to confirm pool placing.

All athletes will return to the mat for medal presentations.

Medalists will have their photos taken in front of the tournament banner.

Officiating

Officials

Each mat requires two officials. One official is designated the Mat Official, the other is the Table Official.

If three officials are in use, the third official is also a Table Official.

The appointment procedures of officials are outlined in the Referee Qualification section of this Rulebook. Officials may only swap duties during a tournament in between rounds. It is prohibited for officials to swap duties in between bouts, except in the case of a serious illness that is medically confirmed.

Officials shall make all decisions unanimously or by majority (two out of three).

Officials have final say in any interpretation of rules within the rulebook, as well as any judgment regarding spontaneous events before, during or after a Crank Cup tournament.

Official's Uniform

The officials must wear a collared shirt with the Crank Cup crest and Official clearly printed on the back, black trousers and any form of wrestling shoe is acceptable.

Officials Duties

It is the duty of both the Mat Official and the Table Official(s) to follow each bout very carefully and to evaluate the actions of the wrestlers so that the results shown on the score sheet accurately reflect the specific nature of said bout.

The Mat Official will also assume all of the following duties :

- To award points and to impose the penalties stipulated in the Rules.
- The orderly conduct of the bout on the mat.
- Communicate with the defending wrestler to monitor level of distress.
- Exercise full authority over the competitors so that they immediately obey their instructions.
- Must conduct the bout without tolerating any irregular and untimely outside interventions.
- In the case of all U-17 divisions, intervening in the action to prevent injury.

The Table Official(s) will also assume all of the following duties:

- Must award points for each action and mark them on the score sheet, in agreement with the Mat Official.
- May award points if they feel the Mat Official was not able to see or did not notice the scoring attempt. (Only applies to Schoolboy/Schoolgirl division)
- If, during the bout, notices something that they feel should be brought to the Mat Official's attention because the latter was not able to see it or did not notice it (illegal hold, passive position, etc.), the Table Official is obliged to call the referee's attention to the table.
- Can interrupt the bout in case of a serious mistake made by the Mat Official.
- Must, at the end of the bout clearly record on the score sheet the result of the bout by distinctly crossing out the name of the loser and circling the name of the winner.

The Bout

Duration of the Bout

For Schoolboy/schoolgirl: the bout duration is one(1) period of two(2) minutes.

For Junior Cadet and Cadet: the bout duration is one(1) period of four(4) minutes.

For Junior Adult, Adult and Masters: the bout duration can be either;

- One(1) period of five(5) minutes, ten(10) minutes or twenty(20) minutes.
- Two(2) periods of five(5) minutes or ten(10) minutes.
- Three(3) periods of five(5) minutes.

For matches with two or three periods, rest times between the periods can either be one(1) minute or two(2) minutes. Competitors failing to answer the Mat Official's call can be penalized.

Start of the Bout

The Mat Official standing in the centre of the mat, calls the two wrestlers to the middle. Each wrestler is designated one of two coloured ankle straps. The Mat Official then asks if either of the wrestlers have any questions, then shakes hands with them and examines their dress, checks that they are not covered with any greasy or sticky substance, verifies that they are not perspiring, and verifies that their hands are bare.

The wrestlers greet each other, shake hands and when the Mat Official says "Wrestle", they start the bout.

Interrupting the Bout

The Mat Official can stop the bout at anytime do to the following situations:

- Injury
- Blood
- Distress
- Intentional harm
- Safety

During such an interruption, the wrestler(s) must stand in their corner. They can cover their upper body, take water and receive advice from their coach.

If the bout is interrupted for Intentional Harm, the wrestler at fault is immediately disqualified and eliminated from competition.

If the interruption can not be resolved in a timely manner, or the affected wrestler must leave the competition area, then the match ends in forfeit.

If the interruption is resolved and the match can continue, it is restarted from Referee Position with the affected wrestler in the down position.

Ending the Bout

When the bout has ended, the Mat Official stands in the centre of the mat facing the score table. The wrestlers remove their ankle straps, shake the Official's and each other's hand, stand on either side of the Mat Official and await the decision. Each wrestler must then shake hands with their opponent's coach.

Victory Conditions

Two falls by either wrestler will end the bout instantly.

If time expires before two(2) falls occur, the wrestler with the most pin falls is victorious.

If time expires before two(2) falls occur and falls are equal, the wrestler who secured the first pin fall is the victor.

If time expires before two(2) falls occur and falls are equal but are concessions falls, the wrestler who secured the first fall is the victor.

Victory Conditions for Schoolboy/Schoolgirl

Two falls by either wrestler will end the bout instantly.

If time expires before two(2) falls occur, the wrestler with the most pin falls is victorious.

If time expires before two(2) falls occur and falls are equal, the wrestler who secured the first pin fall is the victor.

The Schoolboy/Schoolgirl division also includes match points.

Technical Victory occurs when there is a ten(10) point differences in the match points.

If time expires before any falls are secured, the wrestler with the most match points is declared victorious.

Points are used to encourage proper skill development in U-12 wrestlers.

Any time both wrestlers are attempting to establish control from downed positions (scrambles), zero points will be scored regardless of exposure. When a wrestler initiates a controlled pause in the scramble, any immediate exposure points are awarded.

A controlled pause is defined as anytime a wrestler temporarily interrupts their opponent's scramble, resulting in their shoulders being exposed to the mat.

Points are recorded on the bout sheet by the Table Official and the scoreboard by the timekeeper for the following actions:

One Point:

- **Escape** - A wrestler in the defensive position executes an action, which allows them to return to standing. Wrestlers must end the action facing the opponent without being controlled.

Two Points:

- **Takedown** - A wrestler takes the opponent to the mat, moves behind the opponent (taking the back) or ends in a side control position with control of the opponent. When taking the back, both of the attacker's legs must be free and both of the defender's knees must be on the mat.
- **Exposure (Tilt)** - When a wrestler's shoulders pass the 90 degrees angle with the mat, and when the wrestler is resisting with the upper body to avoid a 'fall'. The attack must be intentional and performed with control. No points will be awarded in a scramble.
- **Reversal** - A wrestler in the defensive position executes an action, which now puts him/her behind and in control of the opponent on the mat.
- **Rolling Exposure** - Any attack performed with control that forces an opponent to expose their shoulders, but will not likely result in a 'fall'.

Once the points for exposure have been awarded, the defensive wrestler must recover to a neutral position (chest down position) before points can be awarded for a second attack.

Four Points:

- **Takedown Directly to Exposure** - A wrestler executes an action or throw in which the opponent travels from their feet directly to their shoulders, placing them directly in exposure.
- **Low Amplitude Throw to Exposure** - This throw is started from the referee position. Four points are scored if the defending wrestler is lifted off the mat completely then returned to the mat exposing their shoulders.

Coaches

Except during specific situations and during the break, it is strictly forbidden for the coach to step in the competition area.

Coaches may speak with Officials during a match, however it can only be when there is an interruption in the action. Coaches will not use insults or abrasive language. The coach has the right to give water to his wrestler only during break. No other substance may be given during the pause or during the match.

It is the duty of the coach to ensure their wrestler is dry of perspiration at the start of the bout and after any break in the action.

If these restrictions are not observed, the Mat Official is obliged to present the coach with a verbal warning; if they persist, the Mat Official will ask the coach to remove themselves from Mat side. The Table Official may also present verbal warnings on their own initiative.

Prohibited Actions and Consequence

Stalling

Stalling is considered to be any action or lack of action on the part of one or both wrestlers to avoid and/or impede the progress of the bout.

Examples of stalling include, but are not limited to:

- Not engaging in the action.

- Pushing the opponent out of the wrestling area.
- Backing out of the circle.
- Avoiding contact by circling away from the opponent.
- Prolonging tie-ups without intentions to further the action.
- Feigning injury.
- Slow return to centre of mat after a break in the action.

Stalling Procedure

If the Mat Official deems wrestlers are avoiding action. They will encourage and stimulate activity at appropriate times throughout the bout by words such as "*contact*" or "*action*". If the Mat Official determines one wrestler is at fault, the colour of the wrestler which is stalling will be added to the call. Example; "*contact red*" or "*action blue*".

When stalling continues to be evident, the Mat Official will call a stop to the action and warn the wrestler or wrestlers at fault. The Mat Official will then resume the bout.

If an individual wrestler continues to stall, the action is stopped and a second warning is issued. The Mat Official will signal for the bout to restart from the referee position with the cautioned wrestler in bottom position.

If both wrestlers continue to stall, the action is stopped and a second warning is issued that if action is not increased the bout will be stopped resulting in a double forfeit fall. This can result in the bout ending in a victory for one competitor or a draw.

Fouls

A foul is an action that intentionally or unintentionally breaks the tournament rules, or the Mat Official deems unbecoming of an athlete.

Minor infractions will result in the offending wrestler assuming bottom referee position.

Three minor infractions equate to a match forfeit.

For severe infractions refer to **Elimination from Competition** section.

Prohibited Actions

- **Spiking** - When a competitor intentionally drops their opponent onto their head.
- **Small Joint Attacks** - It is prohibited to manipulate individual fingers & toes.
- **Twisting Knee Attacks** - Is any hold that forces the knee into a twisting motion.
- **Chokes or Strangulations** - Any attack that restricts oxygen to the lungs or brain.
- **Fish Hooking** - Using fingers to penetrate any body orifice.
- **Striking** - Any attempt to injure a wrestler by hitting them with any part of one's own body.

Elimination from Competition

Any wrestler who commits an obvious offense against fair play within the spirit of competition and openly cheats or engages in brutality or intentional harm, will be immediately disqualified from the bout with the unanimous decision of the officiating team and can be eliminated from the competition by a unanimous decision of the officiating team. In this situation, the wrestler will not place.

Referee Position

In the center of the mat the bottom wrestler is on their hands and knees, arms must remain straight, their feet uncrossed, toes may be straight or curled under.

Once set, they must remain still until the top wrestler sets their position.

The top wrestler will place at least one knee down on the mat on the same side as they are going to touch the elbow, placing one hand naval deep around the waist. With their head over the centerline of the bottom wrestler's back, they touch the back of the near elbow with the palm of their hand. Once the Mat Official is satisfied with the position they will call for action by saying "**wrestle**".

If the top wrestler initiates action before the Mat Official's calls to wrestle, a warning will be issued and referee position will be reset. If the wrestler again initiates action before the call to wrestle, the top wrestler loses advantage and the bout restarts in a standing position.

If the bottom wrestler initiates action before the Mat Official's call to wrestle, a warning is issued and the referee position will be reset. If the wrestler again initiates action before the call

to wrestle, the bottom wrestler will be warned a second time and the referee position will be reset. A third warning will result in a forfeit fall for the top wrestler.

Wrestling Within the Competition Area

Wrestling is to be maintained within the wrestling area surrounded by a painted circle. There are penalties for wrestlers who voluntarily escape the wrestling zone.

If a wrestler flees to prevent a scoring situation, the Mat Official will call a stop to the action and restart the wrestlers in the centre of the wrestling area. The bout will recommence in referee position with the fleeing wrestler in the bottom position. If a wrestler flees to prevent a fall, the Mat Official will call a stop to the action and award the fall to the opponent. The bout will resume as per fall procedure.

Any holds or counterattacks completed or initiated in the competition area are valid. Any hold initiated in the competition area and completed outside of the circle is not valid. No counterattack may be initiated outside of the competition area (circle).

The Mat Official will indicate to the wrestlers that they are close to leaving the competition area by calling "**zone**". Wrestlers must attempt to redirect their action to the centre of the competition area.

If a wrestler is intentionally pushed out-of-bounds by their opponent, the Mat Official will issue a warning to the wrestler pushing their opponent out of the competition area. The second time this happens, the Mat Official will call a stop to the action and restart the wrestlers in the centre of the mat in referee position, with the offending wrestlers in bottom position. Subsequent pushes from the same athlete will result in a forfeit fall.

Anytime both wrestlers leave the wrestling area without a controlled attack, the Mat Official will call a stop to the action and restart the wrestlers standing in the centre of the mat.

If an action out of bounds must be stopped before a score or fall occurs due to safety, the wrestlers will be restarted in the centre of the competition area in referee position. The wrestler controlling the action at the time of stoppage will start in top position.

Safety Rule ~ A Mat Official can redirect a takedown that would otherwise result in one or both wrestlers leaving the competition area. As a result, this may change the outcome of the takedown.

Season Standings Point Classifications

The following point classification is used to determine both the individual and team championships.

Victory Conditions	Points Awarded	
	Victor	Loser
Double Fall	16	0
Single Fall	13	0
Technical Fall (Schoolboy/Schoolgirl Only)	10	0
Score (Schoolboy/Schoolgirl Only)	Difference between final bout score. Minimum 2 pts.	1
Draw	1	1
Show-up	5	5

Glossary of Terms

Bottom Position – The wrestler who is underneath and is being physically controlled. Also the wrestler on the bottom in the referee starting position. The bottom wrestler will try to get out of the top wrestler’s control by escaping from or reversing the offensive wrestler.

Concession Fall - is when a wrestler succumbs to a submission, forfeit or disqualification.

Concussion - A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.

Disqualification - to deprive of the right to participate in or win a contest because of a violation of the rules.

Forfeit - to suffer a fall or fail to win, as a result of a minor rule infraction, blood, injury or distress.

Intentional Harm - any attack that is premeditated, known dangerous, prohibited, that a competitor uses knowingly to injure their opponent.

Match or Bout - When two wrestlers wrestle each other. Both wrestlers must weigh within one weight class of each other. You win a match by pinning your opponent, by scoring more match points than your opponent, or by disqualification if your opponent breaks certain rules.

Match Points - (Schoolboy/Schoolgirl only) Points are awarded during the bout for actions that progress the match towards a pin fall. Points are used to encourage proper skill development in U-12 wrestlers.

Neutral Position - When neither wrestler has control over the other and they are both on their feet or in a scramble. Each neutral wrestler will try to "break balance" on the other and take them down to the mat or establish control.

Pin Fall - is when a wrestler's shoulders are forced to the wrestling surface for two(2) seconds.

Pool Points - Are awarded upon the completion of a bout to determine pool placing, and have no impact on season standings. Three(3) points for a win, one(1) point for a draw and zero(0) points for a loss.

Potentially Dangerous - The referee can stop the match in situations where one wrestler might become injured by a legal or illegal hold before the injury occurs. Safety is considered more important than scoring and the match can continue.

Rash Guard - is an athletic shirt made of spandex and nylon or polyester, used for protection against cuts, mat burns, and the spread of diseases.

Season Standing Points - Are used to determine both the individual and team championships.

Show-up Points - Equal to five(5), are awarded to participants for attending tournaments. This is to reward those athletes that make a commitment to being a champion.

Singlet - is a one-piece, tight-fitting, coloured uniform, usually made of spandex/lycra, or nylon, used in amateur wrestling.

Submission Hold - any position or technique which forces an opponent to concede superiority, though tapping the mat, verbally giving up or referee intervention, to prevent injury.

Technical Fall - is a ten(10) point difference in the match points which ends the bout.

Top Position - The wrestler who is on top of and/or behind the opponent and is physically controlling them. Also, the wrestler on top in the referee starting position. The top wrestler will try to physically break down the opponent and turn the opponent's back toward the mat (90° angle or less) to score near fall points or to gain a fall.

Wrestling - A combative sport where one wrestler tries to physically control the opponent against their will without injuring them. Styles, rules, and regulations differ widely in amateur and professional matches.