

# USA Freestyle Official's Cheat Sheet



## Freestyle Philosophy and Concepts

When scoring any action, look to reward the athlete who initiates the scoring action unless the defensive wrestler does something significant enough to take control of and/or change the direction of the scoring action. **Reward Risk.**

**Risk:** Risk is the willingness of the wrestler to expose themselves to the possible loss of position or points during attempts to score against their opponents. The courage to take risks is the quality of a strong wrestler. The coach must insist upon the development of this quality and instill this quality in all wrestlers. The concept of risk in wrestling should not be misinterpreted; it does not mean that the wrestler can execute a hold improperly and not lose points or the advantage of their position.

**Stalling:** This term does not exist in freestyle. There is no such thing as 'stalling' in freestyle. The closest thing to stalling in freestyle, is called passivity, but it is quite different.

**Passivity:** In short, passivity is a lack of scoring. Effort is irrelevant here. Passivity is a penalty for not actively scoring points. Any attempt to avoid wrestling — by blocking, by pushing, by going out of bounds, by “playing the edge” can be deemed to be passivity. In matches where neither athlete is scoring many points, passivity can be called to help stimulate scoring. Passivity is not to be confused with “fleeing.”

Adapted from: [https://www.usawmembership.com/usa\\_wrestling\\_rule\\_book](https://www.usawmembership.com/usa_wrestling_rule_book)

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## Terminology and Vocabulary:

**Commands:** Say the color of the athlete you are addressing, followed by one of the below commands. Indicate to whom you are referring with correct color wrist band.

### Attack / action

- To stimulate scoring (standing or in par terre) or set up passivity

### Contact

- To tell the athlete(s) to make contact with each other in order to stimulate scoring. An athlete who evades wrestling by refusing to make contact is passive or possibly fleeing the hold.

### Zone / center

- To warn the athlete(s) that they are in the protection area (edge of mat)
- To direct the athlete(s) to work back to the center
- To set up passivity or a flee

### Open

- To tell a defensive athlete who is in par terre to release their hold on the offensive wrestler's arm, hand, wrist, or lock and present themselves to the offensive wrestler.
- To tell an athlete to stop blocking, or to release a hold they are not actively using on the feet.

### Head up

- To tell an athlete to pick their head up (while standing) as this is blocking/negative wrestling.

### No block

- To tell an athlete to stop blocking, usually with hands or arms inside. Blocking is done to prevent an opponent from securing a hold or lock.

### No fingers

- To tell an athlete(s) to stop interlocking fingers. Interlocking fingers is not allowed in freestyle/Greco.

**Danger / exposure** – When the defensive wrestler's shoulders break 90 degrees in relation to the mat while either an elbow, shoulder, or head make contact with the mat

**Par terre** – When the wrestlers are on their knees. This could be in a front headlock or following a takedown. Both are considered par terre. There are no step-outs from the par terre.

**Passivity** – A lack of scoring. This is not to be confused with a lack of effort as associated with the folkstyle term, stalling. Therefore, an athlete who has scored 4, 5 or more points is almost certainly *not* passive. ***We are looking at the totality of the bout, not watching 15-second increments to look for scoring effort.***



# Freestyle Official's Cheat Sheet

## 1 POINT

- Step-out – If the entire foot, two hands, or any other part of the body goes out of bounds from the standing position, a point goes to the other wrestler.
  - Offensive wrestler may step out-of-bounds first while completing a scoring action. Allow the action to continue and score. A step out during a successful scoring action is not penalized.
- Reversals after any score in par terre or grounded position.
- Fleeing the hold or fleeing the mat (These are cautions)
- Any illegal action/move.
  - If such occurs, point at the foul and let the action continue (as safety allows) if the other wrestler has an opportunity to score in spite of the foul. Score the foul and points and restart wherever the foul occurred (standing or par terre).
- Top wrestler whose opponent refuses correct par terre position after a friendly “attention.”
- If a wrestler is put on the ‘activity clock’ and does not score within 30 seconds.



## 2 POINT

- All takedowns.
  - **Takedown** requires offensive wrestler to cover a hip and bottom wrestler must be broken from quad-pod. Look for an elbow, knee, or head to touch the mat.
- Any turn begins on the mat (front head lock) or in par terre. Danger does not need to occur (leg lace)
- All **correct holds/actions** from a standing or lifting position. A throw that does not land in danger (exposure) but moves wrestler from point A to B and lands them on hip or stomach/chest.
- To the defensive wrestler who is able to effectively counter an offensive action and hold the offensive wrestler in a position of danger.
- Offensive wrestler whose opponent flees the mat or commits a foul while in a position of danger (exposure). Wrestling shall restart in par terre.



## 4 POINT

- All feet to danger situations (the defensive wrestler must contact his or her head, shoulder, or elbow to the mat all while the back is facing the mat)
- All grand amplitude throws where the defensive wrestler does not land in danger.
- All lifts from par terre or standing that cause the defensive wrestler to rotate in the air over a short amplitude and the defensive wrestler lands on one or two outstretched arms (not in danger). If the defensive wrestler maintains contact with the mat with one of his or her hands, but is immediately placed in a danger position, the offensive wrestler will receive 4 points.

## 5 POINT

- Any grand amplitude throw where the opponent lands directly in a danger position.

# Freestyle Passivity

**Passivity** is a lack of scoring. If there is scoring, there is probably not passivity. Let the wrestlers decide the bout. If the wrestlers will not score points, it is the official's job to stimulate scoring.

- Evading attacks without counterattacks, Faked attacks, backing up, playing the edge, Grabbing wrists without starting an attack, Fixing one's opponent within the passivity zone, Defensive wrestling, Wrestling on one's knees while not in contact with the opponent

## Procedure:

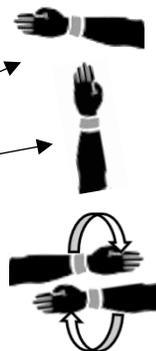
2:00 Period

**Step 1 - (20-30 seconds):** Begin talking to wrestlers. Stimulate action using proper UWW vocabulary—"Red, open," "Red, action," "Blue, contact," "Red, attack," "Blue, head up," prior to officially asking for passivity confirmation. **Signal with the proper colored wrist band.**

**Step 2 - (:50-1:00)** Ask for passive confirmation by holding out the proper color. Once the chair confirms, raise your hand up to signal for passivity and blow the whistle. Signal for the shot clock (activity time).

**Step 3 –** The passive wrestler must score within 30 seconds. If the passive wrestler does not score, the opponent earns 1 point. Do not stop the wrestling to award this point.

**Step 4 –** If no other scoring occurs, the other wrestler is likely passive. This passive call should be made within the first 30 second of the second period.



3:00 Period

**Step 1 - (20-30 seconds):** Begin talking to wrestlers. Stimulate action using proper UWW vocabulary—"Red, open," "Red, action," "Blue, contact," "Blue, head up," prior to officially asking for passivity confirmation. **Signal with the proper colored wrist band.**

**Step 2 - (:45)** Ask for confirmation by holding out the proper color. Once the chair confirms, raise your hand up to signal for an attention (warning) and blow the whistle. With hand raised, say, "Attention blue, action." and signal with a single hand.

**Step 3 - (1:15)** Ask for confirmation by holding out the proper color. Once the chair confirms, raise your hand up to signal for the shot clock (activity time).

**Step 4 -** The passive wrestler must score within 30 seconds. If the passive wrestler does not score, the opponent earns 1 point. Do not stop the wrestling to award this point.

