

# **Rule Book & Guide to Grappling**

**2008 Edition**



**FEATURING:**

**Official Rules of FILA**

**USA Modifications**

**Grappling Glossary**

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## SECTION ONE – GENERAL RULES

### Philosophy

Grappling is a hybrid sport formed of wrestling and jujitsu whose art consists in forcing the opponent to admit he/she cannot escape the maneuver without harm. USA Wrestling feels that it is honorable for an athlete to accept his/her own defeat. However, the grapplers must be properly informed of the correct actions and reactions to adopt in the various submission situations. In accordance with the general philosophy of sport, the grapplers are required to honor the values of sportsmanship and fair play and they shall never intentionally injure a fellow sportsman in competition.

### Sanitary conditions

Athletes knowingly infected with the HIV/HBV virus are prohibited from participating in grappling competitions. Medical staff knowingly infected with the same virus is prohibited from administering healthcare to bleeding grapplers.

### Injury and Blood time

The referee must stop the match and call for injury time if a grappler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc). If the athlete is injured due to the strain and damage of legal competition, they cannot use injury/blood time to stop the match. Injury/blood time per match cannot exceed 3 minutes per athlete. If the referee feels that a wrestler is feigning injury to avoid a submission and/or action, he may call a “catch”. All effort will aim at maintaining the action without interruptions.

In the event of a grappler bleeding, the referee shall stop the match and make the medical staff intervene. It is the Head medical officer’s duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition. Besides, all blood must be cleaned from mats, uniforms and bodies with the proper medical solution. Competition cannot resume until all materials used in blood cleanup are properly disposed of in a container designated for contaminated materials and until the medical solution has dried.

In the case of a bloodied or torn garment that must be replaced, all athletes must have a back up uniform available mat side.

It is the responsibility of the athlete's coach to clean up any blood or bodily fluids from the athlete or mat.

## **SECTION TWO – COMPETITION SYSTEM**

### **Competition system**

The competition system shall be double elimination brackets. Placement in the brackets is determined by the drawing of lots at weigh-in. The grapplers who win their matches continue in the bracket until two wrestlers remain undefeated (they will wrestle for the gold). The grapplers who lose their first match are placed in the Consolation/Losers bracket as and when they get eliminated from the Championship bracket. When the two finalists are determined, competition resumes with the Consolation/Losers bracket following the direct elimination system. The two remaining grapplers will compete for the bronze. The other grapplers are ranked according to the points obtained for their matches.

### **Match qualification points**

The classification points that grapplers receive for their matches will be used to determine their final ranking and their team ranking in Dual Meet Competitions.

#### **- *Catch* (6 points)**

Referee stoppage by technical submission. A technical submission occurs when the referee upon observing a submission attempt feels that the grappler caught in the submission hold will not be able to escape without harm. In some cases tapping out may not be possible physically and the verbal submission command “catch” shall be used to signify the tap out.

#### **- *Submission by Tap Out* (6 points)**

A grappler may physically signal his/her submission by either physically tapping the opponent or the mat with either his/her hands or feet.

#### **- *Default* (6 points)**

A victory by default occurs when a grappler is unable to continue the match for any reason.

#### **- *Victory by disqualification* (6 points)**

A victory by disqualification occurs when a grappler is banned from the competition for any reason.

#### **- *Victory by forfeit* (6 points)**

A victory by forfeit occurs when a grappler fails to appear on the mat for the match.

- ***Victory by medical forfeit (6 points)***

A medical forfeit occurs when a grappler cannot begin or complete a match due to physical injury or illness.

- ***Technical superiority (5 points)***

A technical superiority occurs when a grappler has scored a 20-point advantage over his/her opponent. When the technical superiority has been met, the winning grappler may choose to forgo the decision and continue the match in order to go for a submission. If the grappler fails to submit his/her opponent, he/she will be awarded the points for “major decision”.

- ***Major decision (4 points)***

A major decision occurs when the margin of victory is 10 points or more

- ***Decision (3 points)***

A decision occurs when the margin of victory is less than 10 points.

- ***Overtime loss (2 points)***

- ***Decision Loss with at least 3 total points scored (1 point)***

1 match classification point is awarded to the losing grappler’s team if the grappler scores at least 3 points in a decision loss.

## **SECTION THREE – MATERIAL STRUCTURE**

### **Age and weight divisions**

All contestants shall be able to provide an official document proving their age and identity. Any athlete found competing in an age group lower than his/her designated age category shall be automatically disqualified from the immediate competition. Those athletes found violating this policy repeatedly may be subject to membership disqualification.

- ***Novice (11-12 years old)***

60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. max difference)

- ***Schoolboys/girls (13-14 years old)***

70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 235lbs

- ***Cadets (15-16 years old)***

Men: 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285lbs  
Women: 79.25-83.75, 88, 94.75, 101.25, 108, 114.5, 123.5, 132.25, 143.25, 154.25, 172, 185, 220.5lbs

- ***Juniors (17-20 years old)***

Men: 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285lbs

Women: 95, 102, 109, 116, 124, 132, 139, 146, 153, 165, 190, 220lbs

- ***Seniors (20 and older\*)***

Men: 62kgs/136.5lbs, 70/154, 80/176, 92/202.5, 125/275.5

Women: 48kgs/105.5lbs, 55/121, 63/138.5, 72/158.5

*\*Wrestlers of 18 and 19 may compete in senior upon presentation of medical consent.*

- ***Veterans (35-56 years old)***

Men: 62kgs/136.5lbs, 70/154, 80/176, 92/202.5, 125/275.5

Women: 48kgs/105.5lbs, 55/121, 63/138.5, 72/158.5

**Grapplers' uniform and appearance**

- ***Competition uniform***

Grapplers shall appear on the edge of the mat wearing regulation competition grappling or board shorts and sleeveless, short sleeve or long sleeve rash guard shirt. They shall not be excessively baggy or have button/snaps that may be unsafe during competition. The competition shirt shall be tight fitting. Colors and patterns that may interfere with scoring are not allowed on the competition uniforms (they can be checked by the Head Official before the beginning of competition). The first wrestler called shall put on a red ankle-band and the second a blue ankle-band. The use of light kneepads containing no metal parts is allowed. The grapplers shall carry a handkerchief with them during the whole of the match and shall show it to the referee before the start of the match.

- ***Advertising on clothing***

Grapplers may wear a sponsor's name or symbol on their competition uniforms and warm up garments as long as the referee's ability to determine the athlete's competition team is not affected.

- ***Ear protection***

Grapplers may wear ear protectors that do not contain any metal or hard cover shells. The referee can oblige a wrestler whose hair is too long to wear ear protectors or athletic hair cover.

- ***Shoes***

Grapplers are not required to wear shoes during the match, but those who choose to shall wear wrestling shoes. The use of shoes with heels or nailed soles, buckles, or any metallic parts is prohibited. Prior to competition, an official shall examine all equipment that is outside of the established normal attire. Shoes with laces shall be wrapped with sticky tape so that they do not come undone during the match. Each grappler is responsible for providing the tape himself/herself for the shoes and laces shall be wrapped prior to stepping onto the mat.

### **- Appearance**

Grapplers are prohibited from wearing bandages on the wrists, arms or ankles except in the case of injury or on doctor's orders. These bandages shall be covered with elastic straps. Grapplers are prohibited from wearing any object that might cause injury to an opponent such as necklaces, bracelets, anklets, toe rings, finger rings, piercing of any kind, prosthesis, etc. Grapplers' fingers and toenails (if they opt to not wear shoes) shall be neatly trimmed with no sharp edges. If an athlete's hair is longer than shoulder length and/or bangs extend beyond the ears, the athlete shall wear an athletic hair cover.

Grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance. Males' face shall be either clean-shaven, or if bearded, the beard shall be trimmed and well groomed. Grapplers may not arrive at the mat perspiring for the beginning of the match or for the beginning of the second and third period. The referee may require a grappler to towel off at any time during the match. In the interest of health, hygiene and a sanitary environment for the athletes, these rules shall be strictly enforced.

At weigh-in, an official shall check that each competitor satisfies the requirements of this article. The competitors must be warned that if their appearance is not correct, they will not be allowed to enter the competition. If a grappler enters the mat with an appearance that does not conform to these regulations, he/she will be given one minute to change it, otherwise they will lose the match by forfeit.

### **Competition mat**

The competition mats must contain a 9-meter circle surrounded by a 1.5-meter protection area. The centre of the mat must contain a 1-meter circle that will serve as a starting point for the grapplers. Such wrestling mats must be used during any sanctioned event with no exceptions or substitutes.

## **SECTION FOUR – REFEREEING TEAM**

### **Composition**

All matches shall be refereed by a single referee, a mat judge, and table judge, who are certified by USA Wrestling. The referee's decisions prevail, but in case of doubt he may consult with the mat judge and table judge. The nomination of the refereeing body for each match is determined by random draw and the replacement of a referee during a match is strictly prohibited except in the case of a serious illness that is medically confirmed.

### **Referee uniform**

The referee and the mat judge shall wear black pants, black polo/T-shirts, and black sports shoes. In addition, the referee shall wear a red band on his left wrist and a blue band on his right wrist.

## **General duties**

The referee team shall perform all the duties set forth in the regulations governing wrestling competitions and in any special provisions which might be established for the organization of a particular competition. The referee, mat judge, and table judge are required to use the basic FILA vocabulary and signals appropriate to their respective roles when conducting the matches. The referee's main duty consists in starting and interrupting the match, awarding the points and imposing the penalties in order to determine the legitimate winner and loser of the match. The referee and the mat judge are forbidden to speak to anyone during the match, except amongst themselves when they must consult so as to perform their tasks properly.

All the points shall be announced to the public by the referee, either verbally or by hand signal. The mat judge may relay the information from the referee to the table judge to ensure proper scoring. The table judge's score sheets are used to tally all the holds executed by the two opponents, including the points, cautions, and warnings for passivity which shall be recorded with the greatest accuracy in the order corresponding to the various phases of the match. At the end of the match, the referee and the mat judge shall sign the score sheet. If the match does not end in catch or submission, the table judge shall determine the score according to the competitor's actions and give the final result to referee so that he can declare the winner.

## **The referee**

The referee is responsible for the orderly conduct of the match, which he shall direct according to the official rules. He shall command the respect of the contestants and exercises full authority over them so that they immediately obey his orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and untimely outside interventions. His whistle shall begin, interrupt and end the match. After the execution of a hold (if it is valid and if it has been executed within the limits of the mat surface), he shall indicate with his fingers the points corresponding to the value of the hold by raising the wrist corresponding to the color of the grappler who scored.

Referee's duties:

- Stimulate a passive grappler without interrupting the match, by standing in such a way as to prevent the grappler from leaving the mat.
- Reprimand a passive grappler.
- Be ready to blow the whistle if the grapplers approach the edge of the mat
- Uphold penalties for violations of the rules or for brutality.
- Interrupt the match at exactly the right time when necessary.
- Indicate whether a hold executed at the edge of the mat is valid.
- Rapidly and clearly order the position in which grappling must be resumed.
- Not get too close to the grapplers when they are in a standing position, but stay close if they are grappling on the mat in a ground position.
- Be able to change his position from one moment to the next, on the mat or around it,

and in particular fall flat onto his knees or stomach to obtain a better view of an impending catch.

- Not stand so close to the grapplers that he obstructs the view of the mat judge, particularly if a catch appears imminent.
- Ensure that the grapplers do not rest during the match on the pretense of wiping their bodies, blowing their nose, feigning injury, etc. In such case, he shall stop the match and ask for a caution to be issued to the grappler at fault and 1 point to his/her opponent.
- Announce a “catch” after observing that a grappler has signaled submission either physically (by a tap) or verbally.
- Announce a catch if upon observing a submission attempt he feels that the grappler caught in the submission hold will not be able to escape that hold without harm. When signaling a catch, the referee shall say the word “catch” aloud, raise his hand to secure the agreement of the mat judge, signal the catch and then blow the whistle to announce the end of the match.
- Upon intervention by the mat judge, the referee shall interrupt the match and proclaim victory by technical superiority when the grapplers’ scores are 20 points apart. In this situation, he shall wait for the action, either an attack or counter attack, to be complete.
- Ensure that the grapplers remain on the mat until the result of the match is announced.
- Proclaim the winner (by raising the victor’s hand) after agreement with the mat judge.

### **The mat judge & table judge**

The mat judge shall follow the course of the match very closely without becoming distracted in any way. Following each action and on the basis of the referee’s indications, he shall report the points awarded by the referee to the table judge to be written on the bout score sheet and to be entered on the scoreboard beside him. The scoreboard shall be visible to both the spectators and the grapplers.

The table judge shall make sure that the letter “P” is entered on the score sheet each time a grappler has received a caution for passivity and mark appropriately the cautions for fleeing the mat, illegal holds, and incorrect resumption of the restart position in the column of the wrestler at fault. The score sheet must also accurately indicate the time at which a match ends in the case of a victory by catch, technical superiority, default, etc. At the end of the match, he shall sign the score sheet and clearly record the result of the match by distinctly crossing out the name of the loser and circling the name of the winner.

Mat judge’s duties:

- Always maintain a different angle of view during submission situations.
- Maintain proper communication between referee and scoring table.
- Assist in maintaining the proper score and time.
- Assist in the tallying of Submission Advantage Marks.
- Make the referee aware of any possible scores, infractions, or submissions.
- Assist in the mat preparation after the cleanup of any bodily fluids from the athlete or competition surface.



Table Judge's duties:

- To keep the official record of the match scoring on score sheet.
- Assist in maintaining the proper score and time on the scoreboard.
- Manage the scoring table and table workers, volunteers (timekeeper, scoreboard operator).
- Keep track of the match injury time.
- Assist in calls when necessary.

## **SECTION FIVE – THE MATCH**

### **Duration of the match**

The novice and schoolboys/girls matches last 4 minutes. The cadet and junior matches last 5 minutes and the senior matches last 6 minutes.

### **Call and start of the match**

Both grapplers' names shall be called in a loud clear voice to the mat. Grapplers shall be called 3 times with at least a 30-second time interval between each call. If after the third call a wrestler has not checked in at the mat, he shall be disqualified and default the match.

When their name has been called, the grapplers shall report to the mat scoring table and stand in the corner corresponding to their assigned color. The referee stands in the inner circle and calls the two wrestlers to his side and asks them to raise both arms in the air holding their handkerchief in the right hand. The referee shall inspect each grappler to insure that his/her skin is not covered with any greasy or sticky substance, or with perspiration. After the referee has completed his inspection, the two wrestlers greet, shake hands and begin the match when the whistle blows.

### **Definition of grappling positions**

#### ***- Neutral Position***

Neutral position occurs at the beginning of each regular period and first overtime period. Both grapplers stand opposite one another in the centre of the mat with both feet inside the inner circle. When in neutral position, neither wrestler has control. Wrestling starts at the signal of the referee's whistle. Neutral position is ordered 1) when neither grappler has earned advantage in the standing position, but both were taken out of bounds and 2) when one grappler forces his opponent out of bounds but does not establish any takedown control.

#### ***- Open Guard Restart Position***

Open Guard Restart occurs at the centre of the mat with the down wrestler on his back, the hands resting on his thighs and his feet flat on the mat in the inner circle. The top wrestler kneels in front of his opponent's feet and places his hands on the kneecaps of the

down wrestler. Once the position is approved by the referee, the match restarts at his whistle. The Open Guard Restart is ordered when both wrestlers go out of bounds after top control has been established by one grappler. When the action is restarted in the Open Guard position, all the dominant control positions can be scored again.

**- *Side Control Restart Position***

Side Control Restart occurs at the centre of the mat with the down wrestler on his back and the top wrestler in the side control position (elbows and knees on the mat and torso flat on his/her opponent). The Side Control Restart position is ordered when a wrestler has been awarded points for one of the following dominant control positions (side mount, full mount) and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Side Control position, then only full mount and back mount points can be scored.

**- *Back Control Restart Position***

Back Control Restart occurs at the centre of the mat with the down wrestler on his/her knees and the top wrestler in the back control restart position. The top wrestler will have the Over/Under Lock around his/her opponent's arm and head with the front knee on the mat and the back leg up. The Back Control Restart position is ordered when a wrestler has been awarded points for the Back Mount and then action goes out of bounds while maintaining control over his/her opponent. When the action is restarted in the Back Control position, then the top wrestler may no longer score points in the dominant control position progression.

Note: If a grappler forces the action out of bounds in an attempt to escape a submission, he/she will be called for a "catch" and lose the match.

**Scoring for actions and holds**

**- *Takedown (2 points)***

From a neutral position, a takedown occurs when a grappler forces his/her opponent's supporting points down on the mat and maintains control for at least 3 seconds. For takedowns occurring at the edge of the mat, the wrestler must establish control and maintain one supporting point in bounds. If a grappler is defending a submission, he/she cannot gain top "control" until he/she escapes the submission attempt and maintains top control for the 3 second count.

**- *Throws (3 and 5 points)***

3 point throws: Any hold in the neutral position or any ground position which throws the opponent over short amplitude and lands him/her into an established danger position for at least 3 seconds.

5 point throws: Any hold from the neutral position or any ground position which throws the opponent over high amplitude and lands him/her into an established danger position for at least 3 seconds.

**- Dominant control positions (3, 4 and 5 points)**

The dominant control position progression will reset if the top wrestler loses dominant control and the bottom wrestler re-establishes their leg defenses for at least for 3 seconds (Locked Guard, Half Guard, Butterfly Guard).

- Side Mount (3 points): When a grappler gains control by passing his/her opponent's leg defenses while keeping his/her opponent's back to the mat for the control count of 3 seconds.

- Full Mount (4 points): When a grappler has his legs hooked beneath his/her opponent's legs. His/her feet and heels must be under the back of his/her opponent's legs for the control count of 3 seconds.

- Back Mount (5 points): When a grappler grapevines or hooks his legs inside of his/her opponent's for the control count of 3 seconds.

**- Reversal/Sweep (2 points)**

When the bottom wrestler escapes from an inferior bottom position and gains top control over their opponent.

**- Escape (1 point)**

When the bottom wrestler escapes the top wrestler's control and gets to their feet to face the opponent in the neutral position.

**- Submission advantage marks**

When a grappler makes a valid attempt at a submission maneuver and puts his/her opponent in danger for at least 3 seconds, the referee will signal a submission advantage mark.

These marks will be tallied during the match to determine the referee's criteria for *First Choice* in the case of an overtime match.

**- Submission advantage points**

At the end of the regulation time period, for every two, submission advantage mark difference there is, the athlete with the advantage will receive one match point added to their score at the end of the regulation time period.

*Ex. If the Blue grappler has 3 Submission advantage marks and the Red grappler has 1 Submission advantage mark, then the Blue grappler will get one match point added to their score. If the Blue grappler has 6 Submission advantage marks and the Red grappler has 2 Submission advantage marks, then the Blue grappler will receive two match points added to their score.*

**Overtime**

Overtime begins at the end of regulation time when the score of the match is tied. All

cautions and infractions accumulated during regulation time are carried over to the overtime periods.

**- *First overtime period***

The first overtime period is two minutes for the Senior Division and one minute for all other Age Divisions. The first grappler to score will be declared the winner. If the score is still tied at the end of the first overtime period, the match will continue into the second overtime period. In the beginning of the First overtime period the referee criteria will determine who has *First Choice*. The grappler who wins the criteria will have choice of starting the overtime period in either top or bottom Open Guard Restart or Neutral Starting position. Otherwise, the referee will flip a coin to determine *First Choice*.

Referee criteria for *First Choice*:

- Most Submission advantage marks
- Least Passivity Infractions
- Most 5-point Back Mount control points
- Most 5-point Throw points
- Most 4-point Full Mount control points
- Most 3-point Throw points
- Most 3-point Side Mount control points
- Most 2-point Takedowns
- Most 2-point Reversals/Sweeps
- Most 1 point Escapes

**- *Second overtime period***

There is no time limit for the second overtime period. The period starts in neutral position and the first grappler to score wins the match. Ways to score in Second overtime period:

- Any takedown or throw
- Force your opponent to step out of bounds
- Submission

## **SECTION SIX – TECHNICAL INFRACTIONS**

### **Passivity**

It is the grapplers' duty to maintain action by continuously working to improve their position or submit their opponent and make an honest attempt to keep the actions in bounds. When the referee feels that a grappler is exhibiting passivity or stalling, he shall attempt to stimulate him/her by verbal commands ("Open Red/Blue") without interrupting the match. If the grappler continues to remain passive after the verbal commands have been issued, the referee shall indicate the passive wrestler by raising the arm bearing the right color band, stop the match, and give him/her a caution. Every caution must be reported on the score sheet.

The first caution for passivity is verbal and bears no consequences, the second caution result in 1 point being awarded to the opponent, the third caution results in 2 points being awarded to the opponent, and the fourth caution results in the disqualification of the passive wrestler

Passivity includes:

- Holding on in an attempt to neutralize or prohibit action or advancement
- Delaying action by communicating with coach/corner
- Not trying to improve position or create action (i.e. laying flat on the stomach)
- Deliberately falling to the ground to avoid action or engagement
- Pushing the opponent off the bounds (except in the second overtime period, see Article 26)
- Taking too much time to go back to the centre of the mat for restarts
- Misusing timeouts

Fleeing the Mat

When a grappler intentionally uses the out of bounds line to avoid being scored on, he/she is considered passive and will receive the appropriate passivity infraction. If an athlete flees the mat in an attempt to avoid a submission, the referee shall call a “catch”.

Fleeing the position

Neutral: If a grappler deliberately butt-scoots to avoid neutral action, the referee will stop the match and the athlete at fault shall receive the appropriate passivity infraction and the action restarts in neutral position.

Ground: If a grappler deliberately avoids the ground game by standing up and completely disengaging, the athlete at fault shall receive the appropriate infraction for passivity and the action restarts in the Open Guard restart position.

### **Illegal holds and actions**

All offenses fall under the referee’s authority. If a grappler violates the Code of Ethics in a blatant and unsportsmanlike manner, the referee shall disqualify him/her from the match or from the competition. The referee shall report every violator for membership review.

The first offense results in 1 point awarded to opponent, the second offense results in 2 points awarded to the opponent, and the third offense leads to disqualification. If a grappler is injured by an illegal hold and cannot continue the match, the athlete who caused the injury shall lose the match.

Illegal holds include:

- Intentional breaking of bones or joints
- Punching, kicking, knees, forearms, elbows, head butts, malicious cross faces, chin ripping
- Eye gouging, pulling of hair, fishing hooking, biting, or attacking the groin
- Slams and spikes. At no time may a grappler intentionally slam or spike his/her

opponent into the mat. No Slams in defense of submission attempts will be tolerated.

- Back splashes from standing back control
- Combination Joint locks/Throws
- Closed hand with use of the fingers to throat/trachea choking techniques
- Cutbacks from attached single leg/whizzer position
- No Inside or Outside Heel hooks (Does not include Lace Leg/Lunduke leglocks)
- No 2-on-1 Wristlocks
- Pulling fingers and small joint manipulation. A grappler shall attack no less than 4 fingers or toes when attempting to break a hold (i.e. no thumb locks allowed).
- Intentional grabbing of competition uniform
- Argument/insults towards the opponent or the referee

Age restrictions:

Novice and schoolboys/girls are not allowed to use guillotine chokes or foot locks/toe holds.

Cadet and junior are not allowed to use foot locks/toe holds.

### **Additional match infractions**

#### ***- False start***

The first and second offenses shall result in a caution. The third shall result in 1 penalty point being awarded to the violator's opponent. The fourth shall result in 2 penalty points being awarded to the violator's opponent and the fifth offence shall result in the disqualification of the violating athlete.

#### ***- Incorrect starting position***

A grappler who assumes an incorrect starting position to gain advantage or to demonstrate flagrant disregard for the referee's instructions falls under the false start rule.

#### ***- Leaving the mat without permission***

A grappler shall receive permission from the referee before leaving the mat during a match. Failing to do so, shall result in a caution for passivity.

## **SECTION SEVEN – GLOSSARY OF GRAPPLING TERMS**

**Amplitude:** The height of the arc of a throw. Low amplitude throws will be scored 3 points and high amplitude throws will be scored 5 points.

**Catch:** When the referee upon observing a submission attempt feels that the wrestler caught in the submission hold will not be able to escape that hold and is in immediate physical danger.

**Danger Position:** The established danger position occurs when the grappler being thrown lands with the force of the throw on his shoulders. Throws intended to spike or slam the head or neck are considered illegal and unsportsmanlike.

**Decision Victory:** When the margin of victory in a match is less than 10 points.

**Default Victory:** When a wrestler is unable to continue the match due to an injury. Any injury that occurs as a result of an illegal move shall lead to disqualification of the wrestler that performed the action.

**First Choice:** The grappler who meets the first choice criteria gets to choose the restart position in the first overtime period.

**Fleeing a Hold:** When a grappler avoids contact with his/her opponent to prevent the initiation or execution of a hold.

**Fleeing the Mat:** When a grappler intentionally uses the out of bounds line to avoid being scored on or submitted.

**Ground Position Progression:** The ground position progression from lowest to highest rank: Side Mount>Full Mount>Back Mount.

**Mat Judge:** The person in charge of assisting the referee on the mat.

**Mandatory rest:** The rule that a grappler must have at least 30 minutes resting time before competing in his/her next match.

**Major decision Victory:** When the margin of victory in a match is 10 points or more.

**Neutral Position:** When both wrestlers are standing and neither wrestler has control. It occurs at the centre of the mat with both wrestlers' feet in the inner circle.

**Overtime:** The end of regulation time when the score is tied. There are two overtime periods.

**Referee:** The person who officiates the match, starts and stops the action, determines restart positions and signals the decisions on points to the mat judge.

**Submission Victory:** When a grappler is put in a situation in which he/she, sensing impending physical danger will notify their opponent either vocally or physically indicating the stoppage of the match.

**Table Judge:** The official that keeps the record of the match score on the bout sheet. This official is responsible for maintaining the proper operation of the scoring table.