

2019 Edition



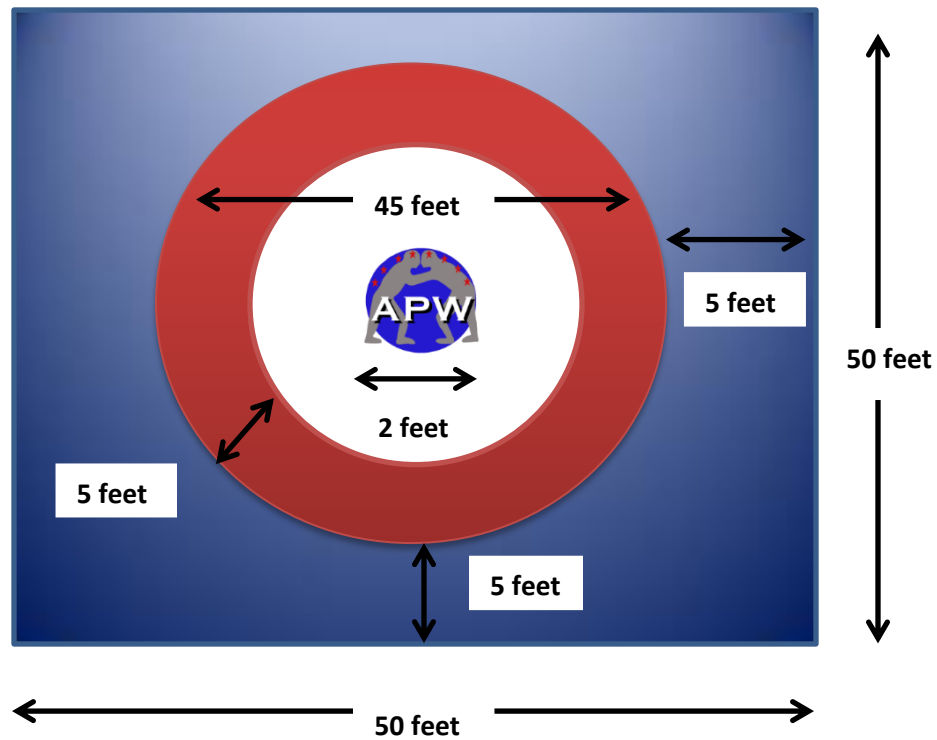
**American Prostyle Wrestling LLC  
Rule Book**

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## Chapter 1- The Protocol

### Article 1- Mat Dimensions



### Article 2- Wrestler's Mandatory Equipment

- a) Singlet
- b) Headgear (LDR)
- c) Wrestling Shoes
- d) Mouth Guard

### Article 3- Weight Classes

#### Female Weight Classes

115 pounds  
130 pounds  
145 pounds  
170 pounds

#### Male Weight Classes

135 pounds  
150 pounds  
165 pounds  
185 pounds  
210 pounds

**Article 4- Rosters**

Rosters will consist of 9 total wrestlers, 4 female, and 5 male. Teams will be initially determined by a eight round league draft (8 total teams). In order for a wrestler to be eligible for entry into the draft, they must be at least 21 years of age.

**Article 5- Regular Season**

The regular season will span over 4 months consisting of 4 competition events, and showcase the talents of 8 total teams. Each event will provide four total dual meets (2 at once). Wrestlers will earn prize money each dual meet according to if their team wins or loses. Winning teams will be awarded \$22,500, and losing teams will be awarded \$13,500.

**2019 Season Schedule**

<b>Draft: May Date</b>		
	<b>Time Slot # 1</b>	<b>Time Slot # 2</b>
<b>Event 1: July Date</b>	Match # 1 (Mat 1) Match # 2 (Mat 2)	Match # 3 (Mat 1) Match # 4 (Mat 2)
<b>Event 2: August Date</b>	Match # 1 (Mat 1) Match # 2 (Mat 2)	Match # 3 (Mat 1) Match # 4 (Mat 2)
<b>Event 3: September Date</b>	Match # 1 (Mat 1) Match # 2 (Mat 2)	Match # 3 (Mat 1) Match # 4 (Mat 2)
<b>Event 4: October Date</b>	Match # 1 (Mat 1) Match # 2 (Mat 2)	Match # 3 (Mat 1) Match # 4 (Mat 2)
<b>Event 5: November Date</b>	<b>Krimson Kup</b>	

## Article 6- Krimson Kup

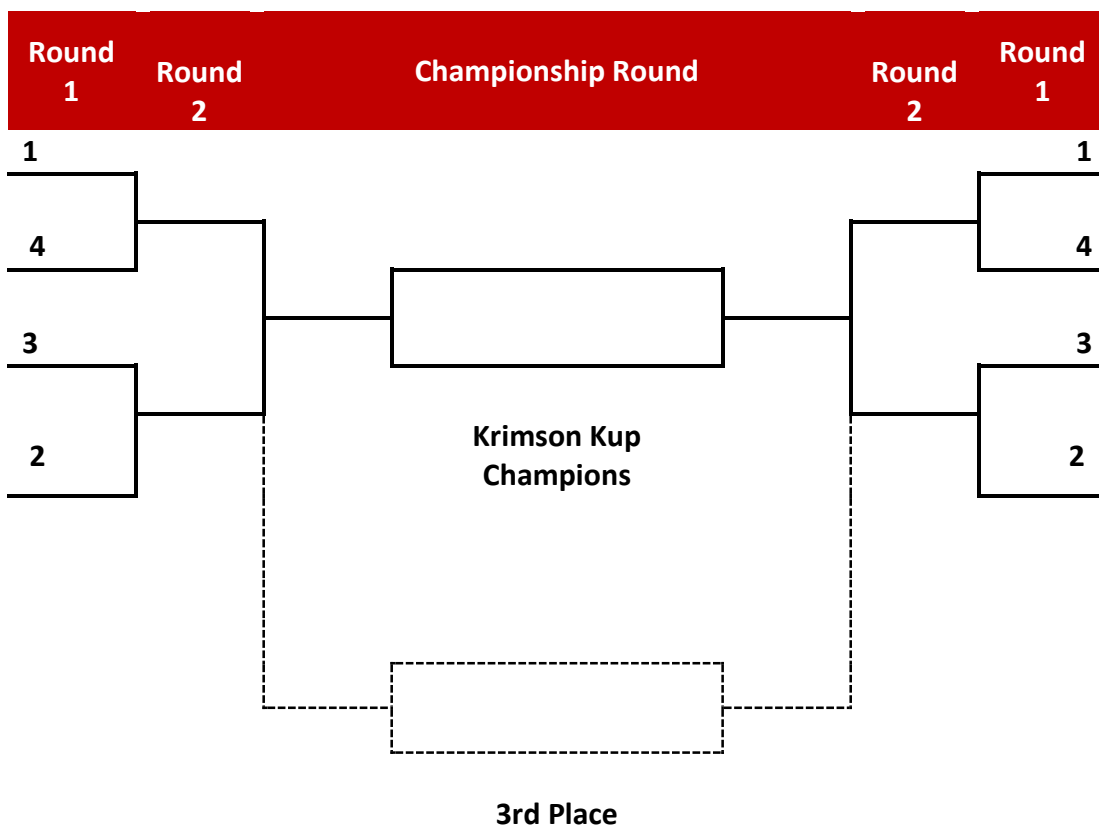
The Krimson Kup is essentially the Super Bowl of team wrestling competitions where teams battle for the shot at winning the ultimate cash prize (1<sup>st</sup> - \$180,000, 2<sup>nd</sup> - \$90,000, 3<sup>rd</sup> - \$54,000, & 4<sup>th</sup> - 8<sup>th</sup> - \$45,000). This is the final event of the season and will take place after the 4th month of regular season competition. The initial tournament pairings will be done by a random draw, therefore, providing the fairest opportunity for each team.

**Round 1 - 2 mats**

**Round 2 - 2 mats**

**Championship Round - 2 mats**

### 2019 Krimson Kup Bracket



## Chapter 2- Weigh-In Procedure

### Article 7- Weigh-In/Skin Check

- a) During the regular season & Krimson Kup weigh-ins will be conducted at a designated location the night before the event (7 pm).

- b) Wrestlers will have to undergo a full body inspection, by a trained medical professional, prior to stepping on the scale for weigh-ins (female wrestlers are required to wear a sports bra and spandex shorts, & male wrestlers are required to wear spandex shorts during weigh-ins).
- c) Wrestlers will be deemed ineligible for competition if any infected skin lesions are present. The on-site medical professional has the final say, in whether or not a wrestler is eligible or ineligible for competition.
- d) The order in which weight classes weigh in will be determined by a random draw of both female and male wrestlers.
  - The random draw determines the order for competition.

### **Chapter 3- Required Match Personnel**

#### **Article 8- Referee Trio**

- a) Referee
  - The primary responsibility of the referee is to ensure the protection of the wrestlers against injury. The referee shall watch for and at all cost prevent the initiation of illegal holds, and potentially dangerous situations.
  - The referee controls the match, therefore, awarding points and enforcing penalty situations.
  - The referee will signal and verbally notify the scorer and wrestlers when warnings or points are awarded to either wrestler. The referee will use a verbal and proper hand signaling when calling inactivity as well.
- b) Assistant Referee
  - The assistant referee is also responsible for ensuring the safety of the wrestlers. During the match, the assistant referee will closely monitor the match's action while standing along the perimeter of the mat.
  - The assistant referee should bring any disagreements to the attention of the referee, and the match will be stopped as soon as possible to discuss.
  - The assistant referee should always be in a position to observe mat action and the clock in order to notify the referee when it gets close to the end of a period. When there are 5 seconds left in a period, or Reverse Gut Wrench Lock Position, the assistant referee shall provide the referee with a 5,4,3,2,1 countdown.
- c) Head Table Referee
  - The head table referee will be responsible for reviewing match footage and making the final call on challenge situations, and during disagreements between the referee and assistant referee.

- The head table referee will keep track of both match injury and blood times. If a wrestler exceeds their allocated 5 minutes of either injury or blood time, the head table referee must advise the referee to conclude the match.
- d) The referee trio shall rotate roles every match throughout the dual meet.

### **Article 9- Scoreboard Technician**

- a) Controls all functions of the scoreboard including match score, match time, team score, and Reverse Gut Wrench Lock Position time.

### **Article 10- Scorekeeper**

- a) Records points scored by both contestants when signaled by the referee.
- b) Collaborates with the scoreboard technician and continually advises about official score during each match.

### **Article 11- Athletic Trainer**

- a) Conducts the weigh-in procedures.
- b) Evaluate athletes' readiness to wrestle after conducting an initial assessment of an athlete's injury.

## **Chapter 4- The Match**

### **Article 12- Dual Meet Sequence**

- a) The dual meet will begin with the singing of the national anthem.
- b) Following the national anthem, the match-ups will be announced.
- c) Dual meet format- 9 weight classes (alternating between randomly drawn female and male weights). The order is determined during weigh-ins.
- d) Wrestlers will begin each period, and following match interruptions both in the neutral position (each wrestler's foot must be touching the circle for the referee to begin action).
- e) 2 four minute periods (a 30-second break will be implemented between the 1<sup>st</sup> and 2<sup>nd</sup> period).
- f) A short break will take place following the first set of dual meets.

### **Article 13- Types of Victories**

- a) A win by pin- 6 points will be awarded to the winning team.

- A pin can be awarded when any part of the shoulders or part of both scapulae of either wrestler is held in contact with the mat for one second.
  - When awarding a pin at the edge of the wrestling area, a pin may be awarded when any part of either wrestler is in bounds.
  - When the match is stopped for out of bounds in a pinning situation, the match shall be resumed in the neutral position.
- b) A win by forfeit, injury default, or disqualification - 6 points will be awarded to the winning team.
  - c) A win by technical fall- 5 points will be awarded to the winning team (superiority of 15 points or more at any time during the match).
  - d) Win by major win- 4 points will be awarded to the winning team (win by more than 10 points, but less than 15 points).
  - e) Win- 3 points will be awarded to the winning team (win by less than 10 points).

#### **Article 14- Inactivity**

- a) The referee has the power to determine an inactive wrestler. Upon that determination, the referee must first issue a warning to the inactive wrestler. If the inactive wrestler remains inactive after the referee's initial warning, the inactive wrestler will be charged with an inactivity call for not pursuing a scoring position and must go down in bottom par terre position. In addition, the active wrestler will be awarded a Reverse Gut Wrench Lock.
- b) Following the initial inactivity violation, any additional inactivity violations directed towards the penalized inactive wrestler will result in the inactive wrestler going down into the bottom par terre position. The active wrestler will be awarded a Reverse Gut Wrench Lock upon each violation succeeding the initial warning call for inactivity.
- c) During the Reverse Gut Wrench Lock Position, the inactive wrestler will be in an elevated position on hands and knees and must remain still. Once the active wrestler assumes the lock position, the referee will blow the whistle, and the match will go live.
- d) The inactive wrestler is not permitted to grasp the opponent's lower limbs during the Reverse Gut Wrench Lock Position. If the inactive wrestler grasps the lower limbs of an opponent, 2 points will be awarded to the opposing wrestler, and both wrestlers will immediately return to the neutral position (Reverse Gut Wrench Lock Position Violation).
- e) If the active wrestler doesn't score in the 10 second Reverse Gut Wrench Lock Position, the inactive wrestler is awarded 1 point (this will be a separate clock, and won't have an effect on match time).
- f) If the Reverse Gut Wrench Lock is broken, the inactive wrestler will be awarded 1 point, and wrestlers can resume in the par terre position or neutral position. All points



accrued during the Reverse Gut Wrench Lock Position will impact the score of the match.

## Article 15- Match Interruptions

- a) Stalemate
  - When the wrestlers are interlocked in a position other than a pinning situation in which neither wrestler is improving position, the referee shall stop the match as soon as possible.
- b) Out-of-bounds
  - When both wrestlers are completely out of the competition circle, therefore, leaving no supporting body parts in bounds, the referee shall stop the match action and instruct both wrestlers to resume action in the neutral position.
  - Step-out- Any normal wrestling action that results in an athlete stepping out-of-bounds will result in their opponent receiving 1 point. If a wrestler clearly pushes his/her opponent out-of-bounds with no observable technique, no points shall be awarded (ex. straight arm push-out). If the offensive wrestler steps out-of-bounds first while completing an action, the action will be allowed to continue. If the action results in no points, the opponent of the wrestler who stepped out-of-bounds first will be given 1 point. If there is no clear action that leads to the athletes going out-of-bounds, the opponent of the wrestler who goes out-of-bounds first will get 1 point.
- c) Potentially dangerous
  - Any hold that forces a limb to the limit of the normal range of motion, and other holds or situations that may cause injury, are potentially dangerous and may be stopped by the referee. No penalty points shall be awarded for potentially dangerous situations. The match is to be resumed in the neutral position following a potentially dangerous call.
- d) Injury time & blood time
  - If signs of a concussion or spinal injury are present, that wrestler shall not be permitted to continue in the match or return to competition without approval of a physician.
  - If a wrestler is injured by an illegal hold and is unable to continue the match, the injured wrestler shall be awarded the match by default.
  - During a match, each wrestler is allocated a total of 5 minutes injury time, and 5 minutes blood time. If a wrestler exceeds either the allocated 5-minute injury or blood times, they will be forced to forfeit the match.
- e) Penalty points
  - Match action will stop to enforce penalty point situations.

f) Challenges

- Teams are allowed three challenges per dual meet.
- A challenge is initiated when the challenging team throws a soft object (brick) onto the mat.
- The head table referee will be required to review the challenge (using video footage), at the next natural match stoppage point.
- The wrestler of the challenging team has the option of accepting or declining the team's challenge.
- If the wrestler declines, they must throw the soft object back. If the wrestler declines the challenge, the challenge will be preserved for later use.
- If the team loses the challenge, 1 match point will be awarded to the opposing wrestler of the match, in which a call is being challenged.

g) Referee timeout

- When the assistant referee disagrees with the referee, the match should be stopped as soon as possible. Both the referee and assistant referee will report to the head scorer's table, to consult with the head table referee, of which after reviewing match footage will make the final call.

### **Article 16- Overtime Period(s)**

- a) If a match is tied at the end of regulation a 1 minute sudden-victory takedown period will be initiated.
- b) Inactivity violations will carry over into the first overtime period.
- c) If the match remains tied after the takedown period a 15-second tie-breaking period will be implemented, where one wrestler will be given top gut-wrench position with the other wrestler positioned on the mat with their chest facing the mat. The referee will instruct the bottom wrestler to assume the position on his/her hands and knees, while the top wrestler will be instructed to secure a gut wrench. The referee will then instruct the bottom wrestler to go flat, placing their chest on the mat. The period will begin when the referee blows their whistle to initiate the start.
  - The wrestler that scored the very first points of the match will be awarded choice of top or bottom.
  - During the tie-breaking period, if the top wrestler scores they are automatically declared the winner. If the top wrestler is unable to score by the end of the 15 second period, the bottom wrestler will be declared the winner.

### **Article 17- Dual Meet Tie-Breaking Criteria**

- a) 1<sup>st</sup> Criteria- Greater number of victories.
- b) 2<sup>nd</sup> Criteria- Greater number of pins.

c) 3<sup>rd</sup> Criteria- Greater number of technical falls.

## Chapter 5- Scoring

### Article 18- Scoring Chart

<b>5 points</b>	<p>a) Throws of Grande Amplitude (from the neutral position or par terre)</p> <ul style="list-style-type: none"> <li>▪ When a wrestler executes a throwing maneuver that brings their opponent's feet above their head.</li> <li>▪ Examples: lateral drop, reverse gut wrench throw, hip toss, &amp; arm throw</li> </ul>
<b>4 points</b>	<p>a) Feet-to-Back Maneuver</p> <ul style="list-style-type: none"> <li>▪ When a wrestler executes a takedown maneuver and takes the opponent off their feet directly to their back from the neutral position.</li> </ul>
<b>3 points</b>	<p>a) Exposures/Turns- (in par terre)</p> <ul style="list-style-type: none"> <li>▪ When a wrestler executes a maneuver that causes their opponent's back to face the mat, therefore, breaking a 90-degree angle. These can be continuous actions until a technical fall is achieved.</li> <li>▪ Examples: gut wrench, leg lace, &amp; tilt</li> </ul>
<b>2 points</b>	<p>a) Takedown (from the neutral position)</p> <ul style="list-style-type: none"> <li>▪ When a wrestler gains control of opponent by taking them down to mat from the neutral position. In order for a takedown to be scored the defensive wrestler must hit three points of contact (three points of contact: two arms and one knee or two knees and one arm or head).</li> <li>▪ A takedown can be achieved outside of the competition circle, as long as one body part of the offensive wrestler remains in-bounds.</li> <li>▪ Following a takedown, wrestlers can continue wrestling in the par terre position. <ul style="list-style-type: none"> <li>○ Wrestlers will be instructed to return to the neutral position if an inactive period of 10 seconds occurs while in the par terre position.</li> </ul> </li> </ul> <p>b) Reversal</p> <ul style="list-style-type: none"> <li>▪ When the defensive wrestler gains control from the par terre position.</li> </ul>
<b>1 point</b>	<p>a) Escape</p> <ul style="list-style-type: none"> <li>▪ When the wrestler being controlled, most likely in the bottom par terre position, successfully maneuvers to achieve the neutral position.</li> </ul> <p>b) Reverse Gut Wrench Lock Position</p> <ul style="list-style-type: none"> <li>▪ If the active wrestler doesn't score in the 10 second Reverse Gut Wrench Lock Position, the inactive wrestler is awarded 1 point.</li> <li>▪ If the Reverse Gut Wrench Lock is broken, the inactive wrestler will be awarded 1 point.</li> </ul>

	<p>c) Step-out (from the neutral position)</p> <ul style="list-style-type: none"> <li>▪ Any normal wrestling action that results in an athlete stepping out-of-bounds will result in their opponent receiving 1 point. If a wrestler clearly pushes his/her opponent out-of-bounds with no observable technique, <u>no points</u> shall be awarded (ex. straight arm push-out). If the offensive wrestler steps out-of-bounds first while completing an action, the action will be allowed to continue. If the action results in no points, the opponent of the wrestler who stepped out-of-bounds first will be given 1 point. If there is no clear action that leads to the athletes going out-of-bounds, the opponent of the wrestler who goes out-of-bounds first will get 1 point.</li> </ul>
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## Chapter 6- Penalty Point/Disqualification Situations

### Article 19- Penalty Chart

<b>2 points</b>	<p>a) Reverse Gut Wrench Lock Position Violation</p> <ul style="list-style-type: none"> <li>▪ The inactive wrestler is not permitted to grasp the opponent's lower limbs during the Reverse Gut Wrench Lock Position. If the inactive wrestler grasps the lower limbs of an opponent, 2 points will be awarded to the opposing wrestler, and both wrestlers will immediately return to the neutral position (Reverse Gut Wrench Lock Position Violation).</li> </ul>
<b>1 point</b>	<p>a) Excessive/Unnecessary Roughness</p> <ul style="list-style-type: none"> <li>▪ Examples of excessive/unnecessary roughness could include but aren't limited to aggressive pushing, a forceful slap to the head or face, gouging or poking the eyes and head-butting (based on the discretion of the referee).</li> </ul> <p>b) Illegal Holds</p> <ul style="list-style-type: none"> <li>▪ Holds used to strangulate opponent or is intentionally used to compromise the safety or health of an opponent. Additionally, any hold using pressure while placed over the opponent's mouth, nose, throat or neck that restricts breathing or circulation (illegal holds are called based on the discretion of the referee).</li> <li>▪ Examples of illegal holds could include but aren't limited to the following: neck wrench, and full nelson.</li> </ul> <p>c) Lost Challenge</p> <ul style="list-style-type: none"> <li>▪ If the team loses the challenge, 1 match point will be awarded to the opposing wrestler of the match, in which a call is being challenged.</li> </ul> <p>d) Refusal to Shake Opponents Hand at End of Match</p> <ul style="list-style-type: none"> <li>▪ Wrestlers are required to show good sportsmanship throughout a match but especially at the end of a match which is indicated by the shaking of</li> </ul>

	their opponent's hand. If a wrestler refuses to shake their opponent's hand, a team point will be deducted from their respective team's overall score.
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## **Article 20- Disqualification Criteria**

- a) If a wrestler is disqualified for any reason, the opposing team will be awarded 6 team points for the win.
- b) Possible criteria for immediate disqualification include, but aren't limited to the following (based on the discretion of the referee):
  - The biting opponent on any part of the body.
  - The intentional striking of an opponent in the pelvic region.
  - Intentionally punching or kicking an opponent.
  - During an attempt of a high amplitude maneuver, the unintentional or intentional slamming of an opponent on head or neck is strictly prohibited and will result in immediate disqualification (example; straight-back salto to the head).