

BCSSWA Wrestling Rule Book - Summary

- #1) **Rounds** will be 2 minutes for Cadet & Juvenile .
Schoolboy / Schoolgirl rounds will be ? Minutes .
- #2) **Specific Two – Point Holds (Article 25)**
a) **Gut Wrench Consecutive Gut Wrenches** are permitted . If the offensive wrestler roll on both shoulders simultaneously while executing a gut wrench the opponent will receive 2 points , no matter what the offensive wrestler scores with the move. The judge and mat chairman should indicate a gut wrench on the score sheet by underlining that score . A body lock from the defensive position is not considered a gut wrench. (eg re – roll on a head & arm throw)
b) **Cross-Ankles Tilts** Every time there is par terre wrestling, the attacking wrestler may score with ONE cross-ankle tilt. In order to score again with a cross ankle-tilt DURING THE SAME PAR TERRE SEQUENCE, the attacking wrestler must completely release the cross-ankle and move their shoulder above their opponent's hip or score at least 1 point with the use of a different hold. NOTE ; The offensive wrestler will be stopped if they attempt to continue the cross-ankle tilt after the first successful completion. Wrestling will re start standing. Any technique , which causes direct torque on the legs of the defender , shall be considered a cross-ankle tilt.
- #3) **Any period in which the score ends in 0-0.** There will be NO Leg Clinch in BCSSWA Championships wrestling.
If an period results in a 0 – 0 tie the following procedures will be in effect:
- The period ends with 0 – 0 score and wrestlers take their 30 second break. □ When the first period ends 0 – 0 the first round is decided by the first point to be scored in the second period .
Therefore the wrestler scoring First in period two is credited with period #1 win and is leading in period two .
 - At an appropriate (natural) break in the action the referee will indicate the period #1 winner by raising the correct wrist band Red / Blue. The referee will CLEARLY indicate the period #1 winner to both coaches and athletes.
 - If the 0 – 0 score is in the second period the same procedure is followed .
 - If the period victories is one to each wrestler a third period will be wrestled. Should the third deciding period end after 2 minutes in a scoreless tie , immediate Sudden Death overtime is wrestled. The first point scored in Sudden Death Overtime will determine the winner of the match. The wrestler that initiates an attack is deemed as scoring first regardless of the points scored a counter attack
- #4) . **Obvious Pushing Out of Bounds (Article 20 f)**
Should the officiating team deem the action went out of bounds due to the obvious 'pushing' action of his opponent from the centre of the mat to the protection area or from behind and into the protection area the offending wrestler will receive a caution for fleeing the hold and his opponent will receive one point. If the officiating team determines that the wrestler entering the protection area is fleeing the mat that wrestler will receive a caution and his/her opponent will receive a point.
- #5) **One Five Point Grand Amplitude (Article 18 a)**
The end of the Round occurs when Technical superiority - 6 point difference or **after the execution of a 5 point grand amplitude hold** or two three point holds are declared. This is applied whatsoever the score. The hold that creates technical superiority is allowed to proceed to a pin before the action is stopped by the official
- #6) **Two Three Point Takedowns (Article 18 a)**
The end of the Round occurs when Technical superiority - 6 point difference or after the execution of a 5 point grand amplitude hold or **two three point holds are declared**. This is applied whatsoever the score. The hold that creates technical superiority is allowed to proceed to a pin before the action is stopped by the official

- #7) **Illegal Holds** (Article 24 c i -> viii)
- Figure Four Leg Rides Head & Body
 - Standing Reverse Waist Hold
 - Double Full Nelsons (Side / back / front)
 - Three Quarter Nelson
 - Bridge Position
 - Ankle trapped to Outside
 - Double Leg Hook to Prevent a Throw
 - Back Bending Throws
 - No Double Leg Slams
 - Crotch / Olympic Lift with Chest pinned to Mat
 - Reverse Leg Ride (aka Montana Leg Ride)
 - West Point Ride