

UPDATES MADE (Nov. 2018): BCSSWA Wrestling Rule Book-Summary

- Does not include 5 point moves
- Removed "must show a handkerchief" rule
- Removed "push out rule", where attackers can be penalized
- Removed past Par Terre start rules (position requirement)
- Added new Par Terre start rules (position requirement)
- Par Terre start rules found in the rulebook after: Par Terre Caution, Injury in Par Terre, Fleeing the mat in Par Terre
- Par Terre fleeing is in danger of 2 points being penalized, restart Par Terre
- Added correct throws, now 2 points
- Added Mat Chairman MUST confirm all: Falls, Verbal Warnings, Passivity, Negative Wrestling, and Cautions