



DURATION OF BOUTS

FREESTYLE & GRECO-ROMAN



The Duration of the Bouts for all age divisions is (3) three periods of (2) two minutes with a 30 second rest.

AGE DIVISION & BOUT SHEET COLOR	AGE DIVISION & BOUT SHEET COLOR
PEE-WEE—RED	UNIVERSITY—SALMON
BANTAM—GREEN	SENIOR—YELLOW
INTERMEDIATE—PINK	VETERAN—TAN
NOVICE—BLUE	SCHOOLGIRL—ORANGE
SCHOOLBOY—GOLD	CADET WOMEN—TURQUOISE
CADET—WHITE	JUNIOR WOMEN—HOT PINK
JUNIOR—PURPLE	

ISWA weigh-in cards and bout sheets are color coded. These color coded weigh-in cards and bout sheets are used at most ISWA qualifying events.

When a wrestler participates in a tournament their weigh-in card and bout sheets should be the color indicated on the chart.

The bout length information, listed below applies to all Freestyle and Greco-Roman competition. The bout lengths for Folkstyle will differ.

At the end of each period, a wrestler is declared the winner. The wrestler winning two periods is declared the match winner. If the victory can be proclaimed after two periods, the third period is withdrawn.

The fall automatically stops the match whatever the period. In the exceptional case where the period ends 0-0 in Freestyle, an ordered hold will be applied at the end of the regular time. The ordered hold lasts maximum 30 seconds.

The bout ends either when a fall, a disqualification by injury of one of the opponents is declared, or at the end of the regular time. A period ends either by technical superiority (6 points), or after the execution of a “grand amplitude” 5 points hold whatsoever the score, or after the execution of two holds of 3 points whatsoever the score, or in case of an ordered hold in Freestyle if the wrestler wins one point or more before 30 seconds, or upon expiration of the wrestling allowed, signaled by the referee’s whistle.

When a wrestler executes a 5 points hold within the regular time, the referee must wait for the possible fall. If his opponent overcomes, the referee must whistle immediately and declare the winner of the period or the match. The same rule applies to the second hold of 3 points.

To win a match by technical superiority, the winner shall win two periods by technical superiority (twice 6 points difference) or 2 periods with 5 points hold or one victory with 5 points hold and one victory by technical superiority (6 points difference) or 2 periods with 2 holds of 3 points or one victory with 2 holds of 3 points and one victory by technical superiority (6 points difference) or 5 points hold.

ISWA Qualifying Tournaments reserve the right to adjust the duration of the bout. This adjustment may be necessary when the number of wrestlers and the time required to complete the tournament would result in a longer than normal event.

At all ISWA State Finals competition, the duration of bouts will be (3) three periods of (2) two minute, regardless of the number of participants.