

Wrestling ExCeL

● men ● women

THREE WAYS TO WIN

- 1 Win two of three rounds
- 2 Force opponent's shoulders to ground
- 3 Technical superiority – lead of six points or more

Either of last two stops bout immediately

Greco-Roman:

Wrestlers

may only use arms and upper bodies to attack

Freestyle:

Wrestlers may use legs and hold opponents above or below waist. Women take part in freestyle only

Bouts consist of three two-minute rounds, with 30-second break between each

High amplitude takedown:

Turning opponent through air, landing him in back-exposed "danger position"

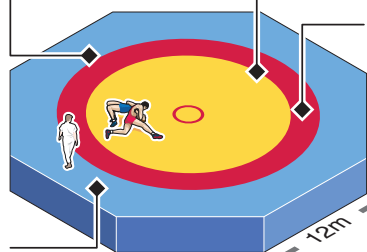
Competition area:

Diameter 9m

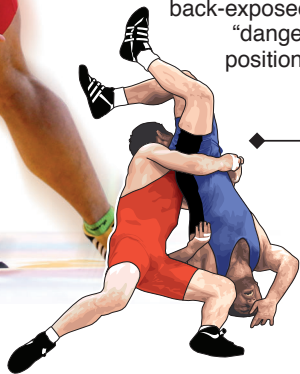
Central wrestling area:

Diameter 7m

Passivity zone



Protection area



Pin to win:

Wrestler wins bout outright by pinning opponent's shoulders to mat

