

Lutte Canada Wrestling

Modifications to the 2013-2014 rule book @ January 13, 2014

Olympic & non-Olympic Weight Categories (senior):

Freestyle:	57, 61*, 65, 70*, 74, 86, 97, 125 kg
Greco-Roman:	59, 66, 71*, 75, 80*, 85, 98, 130 kg
Women:	48, 53, 55*, 58, 60*, 63, 69, 75, 82* kg (the highest FILA weight class is 75 kg)

*denotes a non-Olympic weight class

Competition Format:

A minimum of 30 minute break between each bout **is now required.**

Wrestling Rules:

Technical superiority:

- **Technical Superiority is now** 10 points for Freestyle Wrestling
- **Technical Superiority is now** 8 points for Greco-Roman Wrestling

Throws:

- Freestyle Wrestling: 4 points for all throws. **All standing to back situations are now 4 pts.**
- Greco-Roman Wrestling: 4 points for throws (must be followed and controlled); **The** 5 points grand amplitude throws **remain in Greco only** (must be followed and controlled).

End of Match:

- All disciplines: The 2 x 3 points and 1 x 5 points techniques resulting in a victory **have been eliminated.**

Par Terre:

- The 5 second count for the 1 additional back point exposure **has been eliminated.**
- Any penalty imposed for a false start will receive 1 point (not 2 points as currently practiced). **This is a Greco-Roman rule only.**

Greco-Roman Wrestling (passivity):

- 1st warning – the bout is stopped to give warning
- Match ending 0 – 0; the last wrestler warned loses

Takedown:

- From the standing or neutral position, whenever a wrestler secures control of his/her opponent and brings him down without back exposure, 2 points are awarded. This may occur as either an offensive or defensive maneuver

NOTE: These changes become effective for Canada Wrestling as of January 13, 2014 and will be added as an addendum to the Canada Wrestling 2013-2014 rulebook.