



Match Rules - Current Freestyle and Greco-Roman Rules with the following modifications for the cage.

1. Match Beginning and Restarts in the Neutral Position
 - a. There is no center circle.
 - b. There will be a large rectangular UFC Fight Pass logo in the center of the cage.
 - c. When both wrestlers are in the general vicinity of the center logo facing each other the referee will blow the whistle to start action.
2. 1-minute intermission between rounds to allow time for water and towel to come in and out of the cage.
3. Wrestling in the middle.
 - a. We want the action to take place in the center of the Octagon, not the fence area.
 - b. Both wrestlers must attempt to keep wrestling in the center, stealing and/or fleeing the hold may be called if a wrestler continues to take action toward the cage.
 - c. Stalling will be a warning followed by a point and 30 second shot clock.
 - d. A wrestler constantly backing up to the fencing is risking being given a caution and their opponent 2 points.
 - e. Three cautions on an individual will result in a disqualification.
4. Wrestling inside the cage.
 - a. Wrestle as if the fencing is the out of bounds line. You do not want your back hitting the fence. If you allow your back to continually make contact with the fence, this will be considered passivity with warnings and points awarded to your opponent at the discretion of the referee.
 - b. Action that ends up against the cage fence will be allowed to continue as long as the attacking wrestler keeps advancing to score.
 - c. Action that comes to a halt by both wrestlers against the cage will be stopped and restarted in the center.
5. Wrestling in contact with the cage while in the neutral position:
 - a. If in the neutral position a wrestler grabs the cage fence in a defensive manner to prevent a score, the official will indicate this illegal maneuver by pointing at the fence grab (similar to a leg foul in Greco-Roman) and the attacking wrestler will be allowed an attempt to complete the attack.
 - b. If the attack is successful, the offensive wrestler will be awarded the points for the

scoring move and an additional 2 points from the caution the defending wrestler will receive.

- c. After the caution is addressed by the official, the wrestling will restart in either standing or par terre depending on the action.
- d. An offensive wrestler using the cage to their advantage will be stopped and no points will be awarded. The offensive wrestler will be given a warning
- e. Each subsequent offensive cage foul will be a caution and 1 and wrestling will resume standing.

6. Wrestling in par terre in regards to the cage fencing.

- a. In par terre, if action hits the fence, action will be stopped and restarted in the neutral position.
- b. In par terre, the bottom wrestler must attempt to defend without making contact with the fencing. If the bottom wrestler purposely flees to the fence and/or reaches out to make contact with the fence to prevent a score, this will be considered a caution and 2 points awarded to the top wrestler and top wrestler will get a choice of position – neutral or top.
- c. Any action by the top wrestler initiated and meeting criteria prior to making contact with the fence will be awarded points.
- d. If the bottom wrestler is in exposure criteria and touching the fence, the top wrestler will be allowed the opportunity to continue to work for the fall.